

Raspberry Vinaigrette Tilapia

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in a large skillet.

From your Pantry

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

Maui Salmon Rice Bowl

20 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil.

Quick Tips



Asian Angus Beef Burger

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp of olive oil in a skillet.

From Your Pantry

You'll need olive oil and one egg per serving.

Marry Meez Chicken

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of water to a boil.

From Your Pantry

You'll need olive oil, salt and pepper.

Tequila-Lime Chicken Fajitas

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in a large skillet.

From Your Pantry

You'll need olive oil.

Honey & Tamari Glazed Mushrooms with Udon Noodles

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a medium saucepan of water to boil.

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

Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette

20 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425.

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

Feta & Tomato Mediterranean Steak Salad

20 Min to Table	20 Min Hands On	1 Whisks Super Easy
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Getting Started Heat the olive oil in a large skillet.

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

Shrimp De Jonghe

40 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 400 degrees.

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

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

Triple Pepper Pizza

40 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450.

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

Jalapeño Broccoli Cheddar Soup

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Heat olive oil in a large saucepan.

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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Maui Salmon Rice Bowl	530	40	16	57	6	1540	25	10	80% Vitamin D	70% Iron
Marry Meez Chicken	870	58	48	56 CC 37	17	620	23	26	50% Vitamin A	50% Vitamin K
(use 1/3 of the orzo, cheese & cream)	670		32					17		
Raspberry Vinaigrette Tilapia	820	48	54	42 CC 22	9	160	7	26	30% Vitamin D	20% Iron
(use 1/2 the almonds & 2/3 of the vinaigrette)	670		40					20		
Triple Pepper Pizza	610	32	30	54	5	1130	10	19	60% Calcium	200% Vitamin C
Asian Angus Beef Burger	700	45	46	26 CC 6	2	624	3	15	60% Vitamin A	65% Vitamin C
(no bun, 1/2 the peanut sauce, 1/2 the aioli)	570		42					12		
Tequila-Lime Chicken Fajitas	580	64	10	63	5	1123	8	9	267% Vitamin C	52% 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)	
Shrimp De Jonghe	485	33	25	35	8	546		17	160% Vitamin C	42% Vitamin A
Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette (use 1/2 the rice & 1/2 the vinaigrette)	680	31	42	46 CC 26	5	1080	13	21	50% Vitamin C	10% Calcium
Honey & Tamari Glazed Mushrooms with Udon Noodles	440	13	8	93	6	2030	37	14	30%Vitamin C	10% Iron
Feta & Tomato Mediterranean Steak Salad	590	42	34	29	4	980	14	18	45% Vitamin A	30% Calcium
Jalapeño Broccoli Cheddar Soup	710	26	50	40	5	840	10	25	54% Calcium	128% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preotein 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.

Maui Salmon Rice Bowl

Meez's version of a poke bowl, it's fast, filling, and a flavor sensation. We're making ours with a teriyaki and pineapple sauce that's a perfect match for seared salmon, edamame and crunchy fresh veggies.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Jasmine Rice
Green Onions
Salmon
Pineapple Teriyaki
Cucumber, Edamame &
Shredded Veggies
Sesame Seeds

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of jasmine rice. Skip step 1. Heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the zucchini and sear for 2 minutes, then stir in half of the Green Onions & Sesame Seeds as in step 2.

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

Health snapshot per serving – 530 Calories, 16g Fat, 57g Carbs, 40g Protein and 10 Freestyle Points.

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

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



INGREDIENTS: Salmon, Jasmine Rice, Cucumber, Edamame, Green Onion Carrot, Red Cabbage, Tamari, Pineapple, Ginger, Garlic, Cilantro, Sesame Oil, Black Sesame Seeds, Toasted Sesame Seeds, Lime

*meez*meals

1. **Get Ready**

Bring a saucepan of water to a boil.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Stir in half the **Green Onions** then cover and set aside.

3. **Cook the Salmon**

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip the salmon and add the **Pineapple Teriyaki** sauce. Continue cooking, spooning the sauce on top of the salmon frequently, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes.

4. **Put It All Together**

Serve the salmon and **Cucumber, Edamame & Shredded Veggies** alongside each other and on top of the rice (poke bowl style). Drizzle the entire dish with the Pineapple Teriyaki sauce still left in the skillet, and sprinkle with the remaining green onions and the **Sesame Seeds**. Enjoy!

Marry Meez Chicken

Rich and delicious, this is Meez's take on Delish's viral sensation, "Marry Me Chicken." The secret is a creamy sun-dried tomato, parmesan and lemon sauce. Paired with parmesan green beans and orzo, it's comfort food at its best.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Orzo Pasta
Chicken
Green Beans
Seasoned Parmesan
Sun-Dried Tomato,
Celery & Onion
Lemon Cream Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of orzo pasta, reducing the **carbs per serving to 37g**. Skip steps 1 and 2. After step 3, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the cauliflower until it starts to brown. Set aside until step 5 and use in place of the orzo.

If you are cooking the **gluten-free version**, we sent you gluten-free penne instead of orzo pasta. Follow the instructions for step 2 and use in place of the orzo.

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 – 870 Calories, 48g Fat, 56g Carbs, 58g Protein, and 26 Freestyle Points.

Lightened-up health snapshot per serving – 670 Calories, 32g Fat, 45g Carbs, and 17g Freestyle Points, by using one-third of the orzo, seasoned parmesan, and Lemon Cream Sauce.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Chicken Breast, Cream, Green Beans, Orzo Pasta, Celery, Sun-Dried Tomatoes, Parmesan, Yellow Onion, Lemon, Chicken Stock, Garlic, Black Pepper, Paprika, Basil, Oregano,

meez  meals

1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Orzo Pasta

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, drain and return the cooked orzo to the saucepan. Cover and set aside.

3. Cook the Chicken

While the orzo is cooking, heat 1½ Tbsp of olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken** on both sides. When the oil is hot, add the chicken and cook until crisp and brown, 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, slice into ½" strips.

4. Cook the Vegetables and Make the Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Green Beans** and cook until they start to char, about 4 to 5 minutes. Remove from the skillet, transfer to a mixing bowl and toss with one-third of the **Seasoned Parmesan**. Set aside until step 5.

Return the now-empty skillet to the stove over medium-high heat and add the **Sun-Dried Tomato Celery & Onion**. Sauté until the onions start to char, about 2 to 3 minutes. Add the **Lemon Cream Sauce** and bring to a boil, reduce the heat to low and simmer until sauce thickens, about 2 to 3 minutes. Remove from the heat, add the remaining seasoned parmesan and sliced chicken and stir.

5. Put It All Together

Serve the cooked orzo topped with the chicken, veggies and sauce alongside the parmesan green beans. Enjoy!

Instructions for two servings.

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

Raspberry Vinaigrette Tilapia

A restaurant-worthy dinner right in your kitchen. We're pairing seared tilapia with a fresh raspberry vinaigrette and serving it with a medley of barley, rice, wheat berries and quinoa. When tossed with brown butter and fresh asparagus and green beans on the side, it's bright and summery and on the table in a flash.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1½ Tbsp/svg)

5 MEEZ CONTAINERS

Asparagus & Green Beans
Five-Grain Blend
Tilapia
Toasted Almonds
Raspberry Vinaigrette

Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of the five-grain blend, reducing the **carbs per serving to 22g**. Replace the five-grain-blend with the cauliflower in steps 2 and 4.

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 for about 20 minutes, drain and let sit, covered, for 5 minutes. Use in place of the Five-Grain Blend in step 4.

Health snapshot per serving – 820 Calories, 54g Fat, 42g Carbs, 48g Protein, and 26 Freestyle Points.

Lightened-up health snapshot per serving – 670 Calories, 40g Fat, 38g Carbs, and 20 Freestyle Points, by using half of the Almonds and two-thirds of the Raspberry Vinaigrette. Refer to step 1 or step 2 like this.

INGREDIENTS: Tilapia, Five Grain Blend, Green Beans, Asparagus, Vegetable Oil, Almonds, Raspberry, White Wine Vinegar, Lime, Dijon Mustard, Basil, Sugar, Garlic, Black Pepper.

meez *meals*

1. Cook the Veggies

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asparagus & Green Beans** and season with salt and pepper. Cook until the green beans start to char, about 4 to 5 minutes. Transfer directly to serving plates. Wipe out the skillet.

2. Heat the 5 Grain Blend

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Five-Grain Blend** and sauté until the grains start to pop, about 2 to 3 minutes. Transfer to a bowl and set aside. Wipe out the skillet.

3. Cook the Tilapia

Pat dry the **Tilapia** and season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the tilapia and cook until it starts to brown, about 3 to 4 minutes. Flip and cook the other side, an additional 3 to 4 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Make the Brown Butter Sauce

Return the now-empty skillet to the stove with 3 Tbsp of butter over medium heat. Cook the butter until it browns (this is past the melted stage.) It will foam, then begin to smell nutty and turns golden brown. Stir constantly and remove from heat before it gets a chance to burn. Add half of the **Toasted Almonds**, the five-grain blend, and ¼ teaspoon of black pepper. Stir well and transfer to serving plates alongside the asparagus & green beans.

5. Put It All Together

Serve the tilapia on top of the butter grain mixture and drizzle the fish, edge-to-edge, with the **Raspberry Vinaigrette**. Sprinkle the remaining toasted almonds on top of the asparagus & green beans and enjoy!

Instructions for two servings.

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

Triple Pepper Pizza

We're turning up the flavor with three kinds of peppers in this vibrant flatbread pizza. Roasted red pepper cream sauce adds a smooth, savory base, while roasted and pickled peppers bring sweetness and tang in every bite. With melty cheese and a hearty topping of greens, it's colorful, satisfying, and full of texture.

40 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Baking Sheets

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Leeks & Kale
Yellow Bell Peppers
Flatbreads
Roasted Red Pepper
Sauce
Smoked Gouda &
Provolone
Pickled Peppers

Good to Know

Health snapshot per serving – 610 Calories, 30g Fat, 54g Carbs, 32g Protein, and 19 Freestyle Points.

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

Add Protein 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 add to the pizza when you add the leeks & kale 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.

INGREDIENTS: Flatbread, Roasted Red Peppers, Yellow Bell Pepper, Smoked Gouda, Provolone, Leeks, Greer Onion, Kale, Red Bell Pepper, Green Bell Pepper, Pecorino, Cream, Garlic, Basil, Oregano, Apple Cider Vinegar, Sugar, Kosher salt.



1. Get Organized

Preheat the oven to 450.

2. Roast the Veggies

Add the **Leeks & Kale** to a baking sheet and toss with olive oil salt and pepper then arrange in a single layer on one half of the baking sheet. Add the **Yellow Bell Peppers** (only yellow peppers and no pickling liquid) to the baking sheet and toss with olive oil salt and pepper, then arrange on the other half in a single layer. Bake until the leeks start to crisp and the peppers start to soften, about 8 to 10 minutes. Remove from the oven and set aside the leeks & kale and yellow bell peppers separately.

3. Assemble and Bake the Pizzas

Place the **Flatbreads** on a second baking sheet and spread the **Roasted Red Pepper Sauce** over each dough leaving about ½" along the edges. Top with an even layer of the roasted yellow peppers followed by a layer of the **Smoked Gouda & Provolone** over the sauce. Bake for 10 minutes, then add the roasted leeks and kale on top of each pizza. Continue baking until the cheese is fully melted and leeks start to brown, an additional 10 to 12 minutes. Remove from the oven and let rest for about 3 minutes before cutting.

4. Put It All Together

Drain the **Pickled Peppers** (red, yellow and green with liquid) very well. Top each pizza with the pickled peppers and cut into quarters. Enjoy!

You can use the same baking sheet used for the veggies to build your pizzas on, but be careful, it will be hot.

If you prefer a "party cut" (great for sharing), slice the pizza into small squares.

Instructions for two servings.

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

Asian Angus Beef Burger

Big, messy and crazy delicious. Thai peanut sauce, Asian Slaw and a Bok Choy omelet bring an Asian flair to this burger that we can't get enough of. With a bok choy salad, it's a dinner the whole family will love.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl
- 2 Small Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Eggs (1 per serving)

6 MEEZ CONTAINERS

- Bok Choy & Green Onions
- Ginger-Soy Aioli Sauce
- Asian Slaw
- Angus Beef Burger
- Bun
- Peanut Sauce

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the bun, reducing the **carbs per serving to 34g**. Toss the lettuce and Asian Slaw with the Ginger-Soy Aioli Sauce and top with the burger. Spread the peanut sauce on the burger and finish with the omelet on top to enjoy as a salad.

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

Health snapshot per serving – 1130 Calories, 485g Protein, 80g Fat, 52g Carbs, 34 Freestyle Points

Lightened-Up Health snapshot per serving – 740 Calories, 58g Fat, 18g Carbs, 22 Freestyle Points by skipping the bun and egg and using half the peanut sauce and half the aioli sauce. Make a salad by combining the slaw with the bok choy and aioli sauce, placing the burger on top and drizzling with the peanut sauce.

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

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INGREDIENTS: Angus Beef Burger, Bun, Bok Choy, Radish, Broccoli, Carrots, Green Onion, Peanut Butter, Mayonnaise, Tamari, Garlic, Ginger, Rice Wine Vinegar, Brown Sugar, Cayenne Pepper, Sesame Oil.

meez meals

1. Make the Bok Choy Salad and Asian Slaw

Put two-thirds of the **Bok Choy & Onions** in a mixing bowl with half the **Ginger-Soy Aioli** and mix well. Refrigerate until you're ready to eat. Mix the **Asian Slaw** (the component with the long thin pieces of carrot) and the remaining Ginger-Soy Aioli in a bowl until the veggies are well coated and set aside for step 5.

2. Create a Bok Choy Omelet

Heat 1 Tbsp olive oil in a large skillet over medium-high heat and scramble 2 eggs in a small bowl. When the oil is hot, add the remaining Bok Choy & Onions and sauté until the bok choy softens, about 3 to 4 minutes. Spread the veggies evenly in the pan and pour in the eggs. As the egg sets in the center, gently push it to the edges of the pan with a spatula, ensuring the uncooked eggs that remain get to the bottom of the pan to set. Once the egg has set, use the spatula to cut in half. Cook until the bottoms starts to brown slightly, about one minute, then flip each half. Cook until the other sides starts to brown slightly as well, about another minute. Remove from the skillet and set aside. Wipe out the pan.

3. Cook the Angus Beef Burger

Return the now empty skillet to the stove over high heat. When the pan is hot, cook the **Angus Beef Burger** until the bottom and sides are brown, about 3 minutes. Flip and continue cooking for 2 minutes if you prefer your burger **medium rare**. (Cook for 3 minutes for **medium**, and 4 to 5 for **well done**). Set aside to rest for 5 min. Wipe out the pan.

4. Toast the Bun

While the burger is resting, return the now empty skillet to the stove over medium heat. Lightly brush the inside of each half of the **Bun** with olive oil and toast in the skillet, oiled side down, until golden brown, Repeat for each roll.

5. Build the Burger

Spread a generous helping of **Peanut Sauce** on the bun bottom and place the burger on top. Layer an additional spread of Peanut Sauce directly on the burger. Next place the omelet on top, followed by the Asian slaw and finally the bun top. Enjoy with the Bok Choy Salad on the side!

If you have a meat thermometer, use it to achieve desired doneness for the burger.

Medium Rare: 125

Medium: 135

Medium-Well: 145

Well Done: 160

Instructions for two servings.

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

Tequila-Lime Chicken Fajitas

Seared peppers, grilled onions and tender strips of chicken coated in a delicious Tequila-Lime Sauce. This is a Mexican dinner the whole family will love that's on the table in under 30 minutes.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Large Skillets

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Chicken

Bell Peppers

Red Onions

Lime

Tequila-Lime BBQ

Sauce

Tortillas

Good To Know

If you ordered the **Carb Conscious version**, we have sent you Romaine Lettuce instead of the tortillas reducing the **carbs per serving to 35g**. Instead of warming the tortillas in Step 4, chop the romaine and create a salad with the fajita fillings.

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 – 720 Calories, 13g Fat, 66 Protein, 79g Carbs, 13 Freestyle Points

Lightened up Health Snapshot per serving – 580 Calories, 11g Fat, and 55g Carbs by using 2 tortillas and 2/3 of the sauce.

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

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to view YouTube
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INGREDIENTS: Chicken Breast, Flour Tortilla, Bell Peppers, Red Onion, BBQ Sauce, Tequila, Garlic, Lime, Cilantro, Chipotles in Adobo, Paprika, Oregano, Brown Sugar.

meez meals

1. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat the **Chicken** dry with a paper towel. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

Transfer the chicken to a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into ½" strips and set aside. Wipe out the pan.

2. Sauté the Veggies

Return the now-empty skillet to the stove over medium-high heat. Add the **Bell Pepper, Red Onions** and **Lime** (sliced in half with sliced sides down). Cook, undisturbed, until the lime chars, about 3 minutes. Remove the lime and continue cooking the peppers and onions until the peppers start to char, an additional 2 to 3 minutes. Remove the veggies from the skillet and set aside. Do not wipe out the pan.

3. Cook the Sauce

Add the **Tequila-Lime BBQ Sauce** to the now empty skillet and bring to a boil over medium-high heat, then reduce the heat to medium and simmer until the tequila aroma is gone, about 2 to 3 minutes. Turn off the heat and mix-in the sliced chicken until it is completely coated.

4. Warm the Tortillas

Warm a second skillet over medium heat and heat the **Tortillas** until they are warm and soft, about 15 to 25 seconds per side.

5. Put It All Together

Fill each tortilla with the coated chicken slices, and pepper and onions. Squeeze the lime over top and enjoy!

Instructions for two servings.

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

Shrimp De Jonghe

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

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Casserole Dish

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

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

Good to Know

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

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

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

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

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

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



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

meez meals

1. Getting Started

Preheat oven to 400 degrees.

2. Roast The Cauliflower

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

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

3. Create the De Jonghe

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

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

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

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

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

Remove from oven and set aside.

4. Cook the Asparagus

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

5. Serve and Enjoy!

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

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

Instructions for two servings.

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

Halloumi Crispy Rice Bowl with Ginger-Lime Vinaigrette

There are few ingredients we love more than seared halloumi for making dinner special. Paired with crispy jasmine rice, roasted beets and a ginger-lime vinaigrette, it's magic.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium
Saucepan
Large Skillet
Small Bowl
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Ginger-Lime
Vinaigrette
Jasmine Rice
Seasoned Onions
Beets
Kale
Halloumi Cheese

Add Protein Cooking Instructions

Integrate into recipe: Prior to Step 5, cook the protein (per instructions below) then slice into strips (flake the salmon, leave shrimp whole) and serve on top of the rice bowl in Step 6.

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 diced zucchini instead of Jasmine Rice, reducing the **carbs to 26g per serving**. In place of step 2, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot sauté the zucchini until it starts to brown, about 2 to 3 minutes. Then add the Seasoned Onions and continue to cook for another 2 to 3 minutes until the onions are soft. Transfer directly to serving bowls.

Health snapshot per serving – 680 Calories, 31g Protein, 42g Fat, 46g carbs, 21 Freestyle Points.

Lightened up health snapshot per serving – 540 Calories, 31g Carbs, 34g Fat, and 16 Freestyle Points, by using half the Jasmin Rice and half the Ginger-Lime Vinaigrette.

SCAN QR CODE to view
YouTube cooking video



INGREDIENTS: Halloumi Cheese, Beets, Jasmine Rice, Kale, Yellow Onion, Vegetable Oil, Rice Wine Vinegar, Lime, Ginger, Cilantro, Miso, Sugar, Turmeric, Paprika, White Pepper

meez *meals*

1. Get Ready

Preheat your oven to 425. Bring a medium saucepan of water to a boil. Combine 1 Tbsp olive oil and the **Ginger Lime Vinaigrette** in a small bowl and set aside until step 6.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Add the **Seasoned Onions**, cover and set aside until step 4.

3. Roast the Vegetables

While the rice is cooking, place the **Beets** on a rimmed baking sheet and drizzle with olive oil and lightly season with salt and pepper. Toss and arrange in a single layer on one half of the baking sheet. Repeat the same process with the **Kale** on the other half. Roast until the beets and kale start to crisp and brown, about 15 minutes. Remove from the oven and toss all the veggies together with tongs on the baking sheet and set aside.

4. Make the Crispy Rice

Heat 2 Tbsp olive oil in your largest skillet over medium-high heat. When the oil is hot, spread the rice/onions in an even layer and cook until the bottom starts to brown and crisp, about 3 to 4 minutes. Flip the rice and cook on the other side until it starts to brown, an additional 3 to 4 minutes. Transfer directly to serving bowls. Wipe out the skillet.

5. Sear the Halloumi

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about ¼" thick. You should have about 10 to 12 pieces per serving after slicing.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the Halloumi and lightly sprinkle with pepper. Cook until one side is golden brown, about 3 minutes, then flip and cook the other side until golden brown, an additional 3 minutes.

6. Put It All Together

Top the crispy rice with the kale and beets and then the seared halloumi. Drizzle the entire dish with the Ginger-Lime Vinaigrette. Enjoy!

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

Instructions for two servings.

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

Honey & Tamari Glazed Mushrooms with Udon Noodles

Umami-rich cremini mushrooms are a perfect pairing for a savory honey and tamari sauce. With snow peas, cabbage, and udon noodles, it's a speed Asian-inspired dinner the whole family will love.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Udon Noodles
Seasoned Onions
Snow Peas &
Cabbage
Cremini Mushrooms
Honey & Tamari
Glaze
Green Onion &
Cilantro

Add Protein Instructions

Integrate into recipe: Prior to step 4, cook the protein and let rest, then slice into ½" strips (flake the salmon and cut the shrimp in half.) Stir into the mushrooms and glaze 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 – 440 Calories, 8g Fat, 93g Carbs, 13g Protein, and 14 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: Mushrooms, Udon Noodles, Snow Peas, Cabbage, Mae Ploy, Yellow Onion, Tamari, Brown Sugar, Honey, Green Onion, Ginger, Garlic, Cilantro, Sesame Oil, Vegetable Stock, Miso, Parsley, White Pepper

meez^{meals}

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Udon

Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Place the noodles in a colander and rinse thoroughly with hot water. Drain well and set aside in the colander. Wipe out the saucepan.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Seasoned Onions**. Cook until the onions begin to soften, about 1 to 2 minutes. Add the drained udon noodles back and stir. Cover and set aside.

3. Sauté the Asian Veggies

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Snow Peas & Cabbage** with a sprinkle of salt and pepper. Sauté, stirring frequently, until the edges of the cabbage char, about 4 to 5 minutes. Transfer the veggies to the saucepan with the udon and onions and stir. Cover and set aside until step 5. Wipe out the skillet.

4. Cook the Mushrooms

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Cremini Mushrooms** and cook until they brown and the liquid is evaporated, about 5 to 6 minutes. Add the **Honey & Tamari Glaze** and cook, stirring occasionally, until the glaze thickens enough to coat the mushrooms, an additional 3 to 4 minutes.

5. Put It All Together

Serve the noodles and veggies topped with the glazed cremini mushrooms. Sprinkle the **Green Onion & Cilantro** over top and enjoy!

*Be sure to get
all the seasoned
onions out of
the saucepan to
not miss any
deliciousness.*

Instructions for two servings.

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

Feta & Tomato Mediterranean Steak Salad

Feta adds a zing to dinner that we can't resist. We're cooking it up with grape tomatoes and Greek spices to create a steak that is something extraordinary. Served on a bed of arcadian lettuce with a Creamy Garlic Yogurt Dressing, it's a delicious salad perfect for a warm night.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Grape Tomatoes
Pita Chips
Steak
Arcadian Lettuce
Seasoned Feta
Creamy Garlic Yogurt Dressing

Good To Know

Health snapshot per serving 590 Calories, 42g Protein, 29g Carbs, 34g Fat, 18 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, Tomatoes, Arcadian Lettuce Blend, Yogurt, Cream, Feta, Pita Chips, Dill, Garlic, Lemon, Kosher Salt, Lemon Pepper, Oregano

meez *meals*

1. **Cook the Steak**

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is hot, add the steaks. Cook until the bottoms brown & 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**). Set aside to rest for 5 minutes, then slice into ½" strips, then put in a large mixing bowl. Wipe out the skillet.

2. **Make the Feta-Tomato Coating**

While the steaks are resting, Crumble the **Pita Chips** in their bag until all the pieces are under one inch. Put the **Grape Tomatoes** in a ziplock bag and squish well.

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. When the oil is hot, add the squished tomatoes and the **Seasoned Feta**. Cook until the tomatoes start to char and the feta is melted, about 5 minutes.

Add to the mixing bowl with the steak and toss.

3. **Put It All Together**

Serve the Feta-Tomato coated steak over the **Arcadian Lettuce** and top with several generous dollops of the **Creamy Garlic Yogurt Dressing**. Sprinkle with the crumbled pita chips and enjoy!

Instructions for two servings.

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

Talapeño Broccoli Cheddar Soup

Traditional broccoli-cheddar soup is comfort food in a bowl. We've taken it up a notch by giving it a spicy kick that adds a contrast to the cheesy creaminess that we love. Served with a grilled roll, it's a cozy dinner that's on the table in a flash.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Saucepan
(with a cover)
- Large skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- ½ Tbsp butter
- 2 teaspoons flour

5 MEEZ CONTAINERS

- French Roll
- Broccoli
- Cream
- Bell Peppers &
Onions
- Cheese

Add Protein Cooking Instructions

Integrate into recipe: While the soup is cooking in step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the soup 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

This dish is already relatively low in carbs at 40g per serving, but you can **trim the carbs to 21g** per serving by skipping the bread.

Health snapshot per serving – 710 Calories, 26g Protein, 50g Fat, 40g carbs, 25 Freestyle Points.

Lightened up Health snapshot per serving - 600 Calories, 21g Carbs, 49g Fat, 23 Freestyle Points by skipping the bread.

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



INGREDIENTS: Broccoli, Bell Peppers, Onions, Jalapeño, Half-and-Half, Cream Hot Pepper Loaf Cheese, White Cheddar, Vegetable Stock, White Peppers.

meez meals

1. Cook the Vegetables

Heat 2 Tbsp of olive oil in a large saucepan over medium high heat. When the oil is hot, add the **Broccoli** and pinch of salt and pepper. Sauté until the edges start to brown, about 4 to 5 minutes. Add the **Bell Peppers & Onions** and cook, stirring frequently, until the onions start to soften, about 2 to 3 additional minutes.

Add ½ Tbsp butter to the saucepan. When it melts, add 2 teaspoons of flour and stir until the vegetables are coated in the flour/butter combination. Cook until the flour turns light brown, about 2 minutes.

2. Create the Soup

Turn the heat to high and add 2/3 of a cup of water and the **Cream**. Scrape the bottom of the pan to make sure you get all the tasty bits mixed in.

Bring to a boil, then reduce the heat to medium low. Cover and simmer for 5 minutes. Remove from the heat. Add the **Cheese** and stir until it melts.

3. Grill the Bread

While the soup is simmering, heat a large skillet over medium heat. Cut the **French Rolls** in half and drizzle with olive oil, salt and pepper on each side. Once the skillet is hot, add the rolls, cut side down. Cook until they start to brown, about a minute.

4. Put It All Together

Ladle the soup into serving bowls and serve alongside the grilled rolls. Enjoy!

If you have a toaster oven, you can also use that to toast the bread. It's simpler but doesn't have quite the same magic as grilling.

Instructions for two servings.

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