

Mae Ploy Chicken

35 Min to Table	15 Min Hands On	2 Whisks Easy
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Getting Started	Preheat your oven to 425 and bring a water to a boil.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Vegetable Primavera Rotini

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 and pepper.
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Quick Tips



Chipotle Chicken Tostada with Cheesy Refried Beans

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat a large dry skillet to cook the tortillas.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Nashville Hot Tofu Sliders

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 450.
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From your Pantry	You'll need olive oil, flour, butter, eggs, salt and pepper.
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Buffalo Shrimp Tacos

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat oil in skillet.
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From Your Pantry	You'll need olive oil, salt, pepper, flour and eggs.
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Steak Wellington

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 olive oil, butter, flour, salt & pepper
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Cajun Penne with Chicken and Mushrooms

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a saucepan of water to a boil
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From Your Pantry	You'll need olive oil, butter, flour, salt, and pepper
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Nonya Hokkien Stir-Fried Noodles

25 Min to Table	25 Min Hands On	1 Whisk Easy
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Getting Started	Preheat your oven to 425 and bring a water to a boil.
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From Your Pantry	You'll need olive oil, eggs, salt and pepper.
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Parmesan Lemon-Chai Rigatoni with Broccoli

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400 and put water on to boil.
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Omnivore Option	Sausage tastes great with this recipe.
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From your Pantry	Olive oil, salt & pepper; sugar & cayenne optional.
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Citrusy Salmon with Green Bean Almondine

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat 1 Tbsp olive oil in a large skillet.
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Omnivore Option	You'll need olive oil, butter, salt & pepper
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Moroccan Sausage Couscous Bowl

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a saucepan of water to a boil
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From your Pantry	You'll need olive oil, butter, 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)	
Moroccan Sausage Couscous Bowl	810	41	40	72	6	1790	25	25	210% Vitamin C	70% Vitmain A
(use 1/2 couscous, butter, & mint yogurt drizzle)	680		35					21		
Mae Ploy Chicken	745	67	18	85	7	1621		22	13% Vitamin A	37% Vitamin C
Nashville Hot Tofu Sliders	980	34	50	104	10	1420	18	27	164% Calcium	59% Iron
Vegetable Primavera Rotini	800	35	44	73	10	1010	12	28	143% Vitamin C	48% Vitamin A
(Use 2/3rd of the sauce & 2/3rd of cheese)	660		33					21		
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	6	10	13% Vitamin A	38% Vitamin B12
Buffalo Shrimp Tacos	820	47	30	92	8	1720	17	18	140% Vitmain A	80% Vitamin C
Steak Wellington	740	44	43	40	5	830		22	75% Vitamin B6	41% 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)	
Cajun Penne with Chicken & Mushrooms	830	67	31	70 CC 31	5	1440	13	19	80% Vitamin A	40% Calcium
(use 2/3 of the pasta and cajun sauce)	660		23					13		
Nonya Hokkien Stir-Fried Noodles	390	20	10	56 CC 24	5	2390	9	8	290% Vitamin C	100% Vitamin A
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	x	19	292% Vitamin C	67% Calcium
Citrusy Salmon and Green Bean Almondine	700	44	28	76	10	180	42	26	92% Vitamin D	81% Vitamin C
(omit the butter, use 1/2 the cranberries & almonds)	570		21					14		
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)	
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
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
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% 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.

Moroccan Sausage Couscous Bowl

Short blurb about the flavors, ingredients, inspiration, and preparation of this meal. Do not capitalize names of Meez containers here unless it is a signature Meez sauce.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Medium Saucepan
(with a cover)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Butter (½ Tbsp/svg.)

5 MEEZ CONTAINERS

- Sausage
- Couscous
- Moroccan Spiced
Veggies & Raisins
- Peppers & Zucchini
- Roasted Red Pepper
- Yogurt Drizzle

Good to Know

If you ordered the **gluten-free** version we sent you quinoa instead of couscous. Cook the quinoa in place of the couscous for 15 to 18 minutes until tender.

Health snapshot per serving – 810 Calories, 40g Fat, 72g Carbs, 41g Protein, and 25 Freestyle Points.

Lightened-up health snapshot per serving – 680 Calories, 35g Fat, 54g Carbs, and 21 Freestyle Points, by using half of the couscous, butter, and mint yogurt drizzle.

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

INGREDIENTS: Sausage, Red Bell Pepper, Couscous, Zucchini, Yogurt, Yellow Onion, Carrot, Celery, Golden Raisin, Roasted Red Pepper, Cream, Lemon, Ginger, Chicken Stock, Garlic, Mint, Kosher Salt, Cumin, Clove, Turmeric, Cinnamon.

meez meals

1. **Get Organized**

Bring a medium saucepan of water to a boil.

2. **Create the Couscous Pilaf**

Add the **Couscous** to the boiling water and cook until tender, about 7 to 8 minutes. Drain well and set aside. Wipe out the saucepan.

Heat 1 Tbsp olive oil in the now-empty couscous saucepan. When the oil is hot, add the **Moroccan Spiced Veggies & Raisins** (contains small carrots, celery and onions) and cook until the carrots and celery are fork tender, about 5 to 6 minutes. Turn off the heat and return the cooked couscous to the saucepan with 1 Tbsp of butter. Stir well, cover and set aside.

3. **Sear the Sausage**

While the couscous is cooking, slice the **Sausage** into ½" pieces. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the sausage slices and cook, undisturbed until browned on one side, about 2 to 3 minutes. Flip and brown the other side, an additional 2 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

4. **Cook the Red Peppers & Zucchini**

Add 1 Tbsp olive oil to any sausage oil remaining in the now-empty skillet over medium-high heat. When the oil is hot, add the **Peppers & Zucchini** and a sprinkle of salt and pepper. Cook until the veggies start to char, about 4 to 5 minutes. Turn off the heat and add back the cooked sausage.

5. **Put It All Together**

Serve the sausage and veggies over the couscous pilaf and top with the **Roasted Red Pepper Yogurt Drizzle**. Enjoy!

Instructions for two servings.

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

Mae Ploy Chicken

Mae Ploy is the secret sauce behind some of our favorite Thai recipes. This week we're glazing chicken in the classic sweet chili sauce, then serving it over a bed of brown rice and fresh asparagus. Topped with peanuts and fresh herbs, it's the Thai dinner you've been craving.

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Sauce Pan
Sauté Pan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Brown Rice
Asparagus
Chicken Breasts
Mae Ploy Sauce
Peanuts and Herbs

Make The Meal Your Own

We think meal is just as good cold as it is warm, so we like it as a make-ahead lunch or dinner.

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.

Good To Know

Health snapshot per serving – 685 Calories, 8g Fat, 91g Carbs, 67g Protein and 17 Freestyle Points.

Lighten Up snapshot per serving – 505 Calories, 7g Fat, 49g Carbs, and 9 Freestyle Points by using half the rice and half the sauce.

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



INGREDIENTS: Free-Range Chicken, Asparagus, Brown Rice, Mae Ploy Sauce, Peanuts, Cilantro, Lime Juice, Tamari, Garlic, Sriracha Sauce and Ginger

meez *meals*

1. Getting Organized

Preheat oven to 400 and bring water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until al dente, about 20 to 30 minutes. Drain the rice, fluff with fork and cover.

2. Cooking the Asparagus

Place the **Asparagus** on a baking sheet, drizzle with olive oil, salt and pepper. Bake in oven for 6-8 minutes. The asparagus should be fork tender and will continue to cook a bit when you take them out of the oven.

3. Cooking the Chicken

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

Heat 1 tsp oil in a skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes.

When chicken is done cooking, reduce the heat to medium high, and add the **Mae Ploy Sauce** to the chicken, and cook for another 4-5 minutes. This will help make the sauce nice and thick.

4. Putting It All Together

Put the rice on a plate, top with the asparagus and chicken. Add the **Peanuts and Herbs**. Enjoy!

Love this recipe? #meezmagic

We cook our rice like pasta so just make sure you cover the rice with plenty of water

Your sauce will be the perfect consistency when it's thick enough to coat the back of a spoon without falling off

Spoon sauce over the chicken while it cooks to add a delicious glaze.

Nashville Hot Tofu Sliders

Nashville hot chicken is everywhere, so we created a vegetarian-friendly version. With extra-firm tofu in place of chicken and our own mix of spices, we came up with a taste that we love even more than the original. We're making sliders with chive aioli, a soft, tender bun and roasted fingerling potato fries. Even non-vegetarians will love this dish!

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (1/2 cup)
Butter (4½ Tbsp)
Eggs (3)

6 MEEZ CONTAINERS

Pickled Veggies
Fingerling Potatoes
Tofu
Slider Buns
Nashville Hot Spices
Chive Aioli

Add Protein Cooking Instructions

Health Snapshot Per Serving- 980 Calories, 34g Protein, 104g Carbs, 50g Fat, 27 Freestyle Points

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- 980 Calories, 34g Protein, 104g Carbs, 50g Fat, 27 Freestyle Points.

Lightened-up Health Snapshot Per Serving- 670 Calories, 27g Protein, 72g Carbs, 33g Fat, 17 Freestyle Points, by using half of the Chive Aioli and serving the sliders open-faced.

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



INGREDIENTS: Baked Yellow Tofu, Fingerling Potatoes, Slider Buns, Mayonnaise, Zucchini, Yellow Squash, Rice Wine Vinegar, Red Onion, Sugar, Lemon, Chives, Garlic Brown Sugar, Annatto Powder, Onion Powder, Smoked Paprika, Kosher Salt, Dill, Cayenne Pepper, White Pepper

meez *meals*

1. Get Started

Preheat your oven to 450 degrees. Drain the liquid from the **Pickled Veggies** and line a plate with paper towels.

2. Cook the Roast Fingerling Potato Fries

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

3. Cook The Tofu

While the potatoes are roasting, whisk 2 eggs in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Tofu** and lightly sprinkle with salt and pepper. Place the tofu into the egg, shake off any excess, and then place into the flour and coat well on both sides. Heat 2 Tbsp olive oil in a large skillet over medium high heat. Cook the tofu until the coating browns, about a minute on each side. Place the cooked tofu on the paper-towel-lined plate. Wipe out the skillet.

4. Grill the Buns

Add 1 Tbsp of oil to the now empty skillet over medium-high heat. Cook the **Slider Buns**, cut-side down, until they start to brown, about 2 minutes. Remove and set aside. Do not wipe out the skillet.

5. Prepare the Nashville Hot Spices

Return the now-empty skillet to the stove over medium low heat and add 3 Tbsp of butter. When the butter melts, add the **Nashville Hot Spices** and stir until they are coated in butter and turn into a paste-like consistency. Turn off the heat and add the cooked tofu to the skillet. Stir until the tofu is well coated.

6. Put It All Together

Spread a generous helping of the **Chive Aioli** on the bottom bun and place the Nashville Hot tofu on top followed by the pickled veggies and top bun. Serve with the roasted fingerling potato fries. Enjoy!

Instructions for two servings.

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

Vegetable Primavera Rotini

Think red peppers and summer squash infused with a light basil cream sauce and you've got an idea of the magic of this dinner. With seared zucchini, toasted capers and crunchy pepitas, it's a restaurant-worthy dinner that's on the table in just 15 minutes.

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rotini
Zucchini
Capers & Pepitas
Primavera Sauce
Parmesan

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 combine with the ingredients 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 – 800 Calories, 35g Protein, 44g Fat, 73 Carbs, 27 Freestyle Points.

Lightened-Up Health snapshot per serving – 660 Calories, 33g Fat, 69 Carbs, 21 Freestyle Points using two-thirds of the sauce and two-thirds of the cheese.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Rotini, Zucchini, Summer Squash, Red Onions, Bell Peppers, Basil, Parmesan, Cream, Pepitas, Capers, Garlic, White Pepper, Oregano, Vegetable Stock, Lemon Juice, Lemon Peel.

meez meals

1. Cook the Rotini

Bring a large saucepan of water to boil. Add the **Rotini** to the boiling water and cook until al dente about 8 to 10 minutes. Drain the water using a colander and combine with sauce and vegetables as described in step 4.

2. Sear the Zucchini

While the rotini is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Zucchini** and sauté until it starts to char, about 2 minutes. Remove the zucchini and set aside. Do not wipe out the skillet.

3. Cook the Capers & Pepitas

Return the now-empty skillet to the stove over medium high heat. Add the **Capers & Pepitas** and cook, stirring very frequently, until the pepitas brown and capers begin to pop, about 3 to 5 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

4. Warm the Sauce and Combine the Ingredients

Return the now-empty skillet to the stove over medium high heat. Add the **Primavera Sauce** and bring to a boil. Cook until the sauce thickens enough to coat the back of a spoon, about 3 minutes.

Reduce the heat to low and add the seared zucchini and cooked rotini (as soon as it is finished.)

5. Put It All Together

Transfer the contents of the skillet to serving bowls and top with the **Parmesan** and capers & pepitas. Enjoy!

Instructions for two servings.

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

Chipotle Chicken Tostada with Cheesy Refried Beans

This dinner hits all the high points for a delicious Mexican-themed dinner. Tender shredded chicken, flavorful refried beans, plenty of cheese and a Chipotle Adobo Aioli that adds a rich, creamy note that we love. Simple and delicious, this dinner is a family favorite.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Large Skillets and 1 Lid (or Baking Sheet)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas
Spiced Beans
Mexican Cheese
Chicken Breast
Chipotle Adobo Aioli
Tomatoes, Onions & Cilantro

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of tortillas, reducing the **carbs per serving to 39g**. Skip step 1 and fill the lettuce leaves instead of the tortillas.

Tostadas are simply crisped corn tortillas. If you **prefer yours as a soft taco**, that works great, too. Just skip the crisping and heat each dry tortilla for 30 seconds on each side.

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

Good To Know

Health snapshot per serving – 640 Calories, 62g Protein
19g Fat, 53g Carbs, 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: Chicken Breast, Black Beans, Corn Tortillas, Tomatoes Onions, Chihuahua Cheese, Monterey Jack Cheese, Queso Fresco Cheese, Cilantro, Chipotles in Adobo, Mayonnaise, Buttermilk, Crushed Red Pepper, Garlic, Coriander, Cumin, Lime.

meez meals

1. Cook the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook two (or more if they can lay flat in the skillet) at a time until crisp on one side, about 3 to 4 minutes, then flip and cook until fully crisped, about 3 to 4 additional minutes. Repeat for the other tortillas.

2. Cook the Spiced Beans

Heat 2 Tbsp olive oil in a second large skillet (one that can be covered) over medium high heat. When the oil is hot, add the **Spiced Beans** and 1/2 cup of water. Cook, mashing the beans as they soften with a slotted spoon or fork, until the beans resemble refried beans and the mixture thickens, about 8 to 10 minutes. Turn off heat and stir in half of the **Mexican Cheese**, cover and set aside until step 4.

If you don't have a skillet with a cover you can use a baking sheet.

3. Cook the Chicken

Heat 1 ½ Tbsp olive oil the now-empty tortilla 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. Turn off the heat but leave the skillet on the stove.

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). Return the chicken to the still warm skillet and combine with the **Chipotle Adobo Aioli**, mixing until the chicken is completely coated and sauce is warm.

You just want to warm up the sauce but not cook it.

4. Put It All Together

Spread the cheesy refried beans on the crisp tortillas and top with the chipotle adobo chicken, pressing down slightly to keep it in place. Add the **Tomatoes, Onions & Cilantro** and sprinkle the remaining cheese on top. Enjoy!

Instructions for two servings.

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

Buffalo Shrimp Tacos

We love the spicy tang of a great buffalo sauce, and we're putting it front and center in this week's tacos. With crispy breaded shrimp, salty pickled veggies, and a generous slather of chive crema on a warm flour tortilla, it might be your new favorite taco.

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
Flour (1/4 cup)
Egg (1)

6 MEEZ CONTAINERS

Sweet Potatoes
Flour Tortillas
Shrimp
Buffalo Sauce
Chive Crema
Pickled Veggies

Good To Know

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

Health snapshot per serving – 820 Calories, 30g Fat, 47g Protein, 92g Carbs, 18 Freestyle Points.

Lightened up health snapshot per serving – 630 Calories, 21g Fat, 70g Carbs, 12 Freestyle Points, by using half of the tortillas and two-thirds of the crema.

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

INGREDIENTS: Shrimp, Sweet Potatoes, Flour Tortillas, Zucchini, Broccoli, Sour Cream, Hot Sauce, White Cheddar, Apple Cider Vinegar, Mayonnaise, Red Onion, Carrots, Cream, Brown Sugar, Chives, Garlic, Dill, Kosher Salt, Sugar, Black Pepper

meez *meals*

1. Cook the Sweet Potatoes

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Sweet Potatoes** with a sprinkle of salt and pepper. Sauté, stirring frequently, until they are fork tender and slightly crispy, about 8 to 10 minutes. Remove from the skillet and set aside until step 4. Wipe out the skillet.

Stirring the sweet potatoes frequently will keep them from burning.

2. Warm the Tortillas

Warm the **Flour Tortillas** in the now-empty skillet over medium heat, about 30 seconds per side and working in batches, as necessary. Remove from the skillet and set aside until step 4. Do not wipe out the skillet.

3. Cook the Shrimp

Whisk 1 egg in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Shrimp** and lightly sprinkle with salt and pepper. Working in batches of around seven at a time, place the shrimp into the egg, shake off any excess, and then place into the flour and coat well on both sides. Place the breaded shrimp on a plate and repeat until all are coated.

It's important to bread all the shrimp first so they can all cook for the same amount of time

Heat 2 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the shrimp until the breading turns golden brown, about 1 to 2 minutes on each side. Place the cooked shrimp on a paper-towel-lined plate. Do not wipe out the skillet.

Add the orange **Buffalo Sauce** to the now-empty skillet and warm over medium heat until it just starts to thicken, about 1 minute. Turn off the heat and very gently stir in the cooked, breaded shrimp.

4. Put It All Together

Place the cooked sweet potatoes in the center of the tortillas and spoon all the **Chive Crema** evenly on top and then add the coated shrimp. Drain the **Pickled Veggies** and place on top of the shrimp. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue Evanston * Illinois

Steak Wellington

The Meez spin on an old-school classic. Wellington this week, cooking a puff pastry with a savory filling of spiced onions and bacon, spinach and mushrooms. A drizzle of chive crema rounds out the flavors for this delicious dish.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp)
Flour (1 Tbsp)

6 MEEZ CONTAINERS

Puff Pastry
Steak
Mushrooms
Spiced Onions & Bacon
Spinach
Chive Crema

Good to Know

If you ordered the **Carb Conscious version**, we sent you Romaine instead of Puff Pastry, reducing the **carbs per serving to 24g**. Skip baking the puff pastry and use the romaine leaves for boats to hold the steak, mushrooms and sauce. You should get about 3 per person.

Health snapshot per serving – 910 Calories, 66g Fat, 40g Carbs, 44g Protein, and 30 Freestyle Points.

Lightened-up health snapshot per serving – 700 Calories, 49g Fat, 25g Carbs, and 22 Freestyle Points, by using half of the puff pastry and half of the Horseradish Sauce.

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

INGREDIENTS: Steak, Puff Pastry, Mushrooms, Bacon, Red Onion, Yellow Onion, Sour Cream, Spinach, Cream, Beef Au Jus, Dijon Mustard, Mayonnaise, Garlic, Lime, Horseradish, Chive, Thyme, Black Pepper.



1. Get Organized

Preheat the oven to 425. Spray or brush a baking sheet with oil.

2. Bake the Puff Pastry

Arrange the **Puff Pastry** on the oiled baking sheet. Bake until the crust has risen and is golden brown, about 15 to 20 minutes. Remove from the oven and let cool for at least 5 minutes.

3. Cook the Steak

While the pastry is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat the **Steak** dry with a paper towel and season generously with salt and pepper. 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. Wipe out the skillet.

4. Create the Mushroom Gravy

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Spiced Onions & Bacon** and the **Mushrooms** and cook until the bacon starts to crisp and the mushrooms begin to char, about 3 minutes. Lower the heat to medium and cook until they continue to soften, an additional 3 to 4 minutes. Add 1 Tbsp of butter and when it is melted add 1 Tbsp flour and stir continuously until the flour starts to brown, about 1 to 2 minutes. Add ¼ cup of water and stir, making sure to scrape up any tasty bits that are stuck to the bottom of the skillet. Cook, stirring consistently, it thickens to the consistency of gravy, about 2 to 3 minutes. Turn off the heat and stir in the sliced steak.

5. Put It All Together

Split the puff pastry so that you have a top and bottom half (like a hamburger bun). Pour the contents of the skillet over the bottom half and immediately top with the **Spinach**. Push it down a bit so that it starts to wilt. Add a drizzle of the **Chive Crema** and then the top half of the puff pastry. Enjoy!

Instructions for two servings.

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

Cajun Penne with Chicken and Mushrooms

We just love this cozy New Orleans inspired dinner. We've created a mildly spicy Cajun tomato-cream sauce, tossed with sautéed mushrooms, red bell peppers, chicken, and penne pasta. It puts a little spice into pasta night.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Butter (1/2 Tbsp)
Flour (1/2 Tbsp)
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Penne Pasta
Chicken Breast
Mushrooms
Red Pepper Mirepoix
Cajun Sauce

Good to Know

If you ordered the **Carb Conscious** version we sent you zucchini "noodles" instead of the penne pasta reducing the **carbs per serving to 31g**. Skip steps 1 and 2. Prior to step 4 heat 1 Tbsp olive oil in the large skillet and cook the zucchini "noodles" until charred, about 3 to 4 minutes, and use in place of the pasta.

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 – 830 Calories, 67g Protein, 31g Fat, 70g Carbs, 19 Freestyle Points

Lightened-up health snapshot per serving – 660 Calories, 52g Carbs, 23g Fat, 13 Freestyle Points, by using two-thirds of the penne pasta and two-thirds of the Cajun Sauce .

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

INGREDIENTS: Chicken, Red Bell Pepper, Cream, Penne Pasta, Celery, Parmesan, Button Mushrooms, Cremini Mushrooms, Yellow Onion, Tomato Sauce, Hot Sauce, Chicken Stock, Garlic, Parsley, Black Pepper, Bay Leaf

meezmeals

1. Get Organized

Bring a saucepan of water to a boil.

2. Cook the Pasta

Add the **Penne Pasta** to the boiling water with a sprinkle of salt and cook until tender, about 10 to 12 minutes. Drain well and set aside.

3. Cook the Chicken

While the pasta is cooking, heat 1½ Tbsp olive oil in a large skillet over high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until 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. After the chicken has rested, slice into ½" strips.

4. Create the Cajun Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Mushrooms** and cook until they start to soften, 3 to 4 minutes. Add the **Red Pepper Mirepoix** and cook until the peppers start to char and soften, an additional 4 to 5 minutes. Add ½ Tbsp butter and when melted add ½ Tbsp of flour and stir. Cook until the flour starts to brown, about 1 minute. Add the **Cajun Sauce** and stir, making sure to scrape the bottom for any tasty bits. Bring the sauce to a boil then reduce the heat to medium-low and simmer, stirring frequently, until it thickens, about 2 to 3 minutes. Remove from the heat.

5. Put It All Together

Add the sliced chicken and cooked penne to the sauce and vegetables. Serve and enjoy!

Instructions for two servings.

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

Nonya Hokkien Stir-Fried Noodles

Inspired by Singapore's street food scene, these noodles are packed with layers of flavor. Charred veggies, yaki soba noodles, and our signature stir-fry sauce come together with sesame sambal and a fried egg on top. It's spicy, savory, and bursting with freshness in every bite.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1/svg)

5 MEEZ CONTAINERS

Yaki Soba Noodles
Asian Veggies
Stir-Fry Sauce
Sesame Sambal
Green Onions &
Cilantro

Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of yaki soba, reducing the **carbs per serving to 24g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in the large skillet over medium-high heat. When the oil is hot, add the zucchini noodles and cook until charred, about 3 to 4 minutes. Use in place of the noodles.

If you ordered the **Gluten-Free version** we sent you white rice instead of yaki-soba noodles. In step 2, cook the rice until tender, about 12 to 15 minutes. Drain well and use in place of the noodles.

Health snapshot per serving – 390 Calories, 10g Fat, 56g Carbs, 20g Protein, and 8 Freestyle Points.

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 stir into the noodles and veggies 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.

INGREDIENTS: Yaki Soba Noodles, Red Bell Pepper, Green Cabbage, Bok Choy, Tamari, Sambal, Green Onion, Garlic, Ginger, Sesame Oil, Vegetable Oil, Agave, Mirin, Miso, Tamarind, Cilantro, White Pepper.

meez meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Noodles

Add the **Yaki Soba Noodles** to the boiling water with a pinch of salt and cook until tender, about 3 minutes. Drain the noodles and set aside.

3. Char the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asian Veggies** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the veggies start to char, about 4 to 5 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Fry the Eggs

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, crack two eggs into the skillet and cook until the whites are opaque and the yolks have set, about 1 to 2 minutes. Sprinkle with salt and pepper. Remove from the skillet and set aside. Wipe out the skillet.

5. Put It All Together

Return the now-empty skillet to the stove over medium-high heat. Add the **Stir-Fry Sauce** (liquid and in a sealed bag) and bring to a boil. Turn the heat to low and cook until the sauce has thickened slightly, about 2 to 3 minutes. Turn off the heat and stir in the cooked noodles and Asian vegetables. Transfer the contents of the skillet to serving plates.

Top the noodles and veggies with the fried egg, then drizzle with a little of the **Sesame Sambal** (in a plastic container) and sprinkle the **Green Onions & Cilantro** over top. Enjoy!

Sesame Sambal is very spicy so start with a small amount and add more to make it spicy!

Instructions for two servings.

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

Parmesan Lemon-Chai Rigatoni with Broccoli

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Sugar (Optional)
Cayenne
(Optional)

5 MEEZ CONTAINERS

Walnuts
Broccoli
Rigatoni
Lemon-Chai
Vinaigrette
Parmesan
Cheese

Add Protein Cooking Instructions

Integrate into recipe: Before Step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) then serve with the broccoli and sauce in Step 5.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min 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 making the **vegan version**, we've left the parmesan out. For the **Carb Conscious version**, we sent you zucchini "noodles" instead of pasta, reducing the **carbs per serving to 23g**. Prior to step 3, heat 1 Tbsp oil in a large skillet and cook the zucchini noodles, stirring frequently, for about 4 to 5 minutes. Place immediately in your serving bowls and continue to Step 3.

Health snapshot per serving –850 Calories, 52g Fat, 76g Carbs 26g Protein, 30 Smart Points

Lightened up health snapshot per serving – 690 Calories, 37g Fat, and 73g Carbs by using half of the cheese & nuts and half of the vinaigrette.

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

meez *meals*

1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

Your nuts are done when the sauce begins to stick to them.

3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

5. Put It All Together

Add the broccoli to the rigatoni with the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Citrusy Salmon with Green Bean Almondine

Simple and sophisticated, this is a dinner that has it all: seared salmon in a lime and passion-fruit glaze, charred green beans with almonds, and a flavor that's out of this world. All that and on the table in less than fifteen minutes. That's the magic of Meez.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Butter (1 Tbsp.)

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Orange

Green Beans

Almonds & Cranberries

Salmon

Citrus Glaze

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 – 700 Calories, 28g Fat, 76g Carbs, 44g Protein and 26 Freestyle Points

Lightened-up health snapshot per serving – 570 Calories, 21g Fat, 62g Carbs, 14 Freestyle Points, by omitting the butter and using half of the Cranberries & Almonds.

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, Green Beans, Orange, Cranberries, Almond, Brown Sugar, Lime, Passion Fruit.

*meez*meals

1. Create the Green Bean Almondine

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** and cook until they start to char, about 6 to 7 minutes. Turn off the heat. Add the **Almonds & Cranberries** and 1 Tbsp of butter to the skillet and stir until the butter is melted. Transfer directly to serving plates. Do not wipe out the skillet.

2. Cook the Salmon

Dry the **Salmon** with a paper towel and slice the **Orange** in half.

Heat 1 Tbsp of olive oil in the now-empty skillet over medium high heat. When the oil is hot, place the salmon in the center of the skillet and the orange halves around the edges, cut-side down. Cook until the salmon turns brown, about 4 minutes. Flip the salmon and remove the oranges. Add the **Citrus Glaze** to the skillet and continue to cook while spooning the sauce over the top of the salmon until it thickens enough to coat the back of a spoon, an additional 3 to 4 minutes.

3. Put It All Together

Serve the salmon alongside the green bean almondine. Use a spoon to scoop some of the grilled orange flesh onto the salmon. . Enjoy!