

### *Fiesta Steak Rice Bowl*

**30 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

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

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**From your Pantry**

You'll need olive oil, salt and pepper

### *Golden Panko Fontina Stuffed Chicken Breast*

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**35 Min**  
to Table

**15 Min**  
Hands  
On

**2 Whisks**  
Easy

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**Getting Started**

Preheat your oven to 400.

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**From Your Pantry**

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

# Quick Tips



## meezmeals

### *Chicken Parmesan with Basil Aioli Kale Slaw*

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**20 Min**  
to Table

**20 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat your oven to 400.

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**From Your Pantry**

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

### *Wasabi Salmon*

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**25 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat your oven to 400.

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**From your Pantry**

You'll need olive oil, salt and pepper.

### *Grilled Halloumi Souvlaki*

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**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Heat 1 Tbsp of olive oil in a large skillet.

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**From your Pantry**

You'll need olive oil, salt and pepper.

*Chorizo & Chicken  
Fundido Casserole*

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<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water onto boil and preheat oven to 375.

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

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*Sweet & Sour Tofu  
Over Sesame Noodles*

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water on to boil.

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**Meal Tip** You'll need olive oil, salt and pepper.

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*Chipotle-Honey Glazed Tilapia*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

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

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*Shells with Basil Pesto*

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<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> 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 some olive oil, salt, and pepper.

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*Vegetarian Cobb Salad*

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Hard boil your eggs.

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

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*Shrimp Bruschetta Dinner*

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<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Prepare the Bruschetta Veggies.

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**From Your Pantry** You'll need olive oil, 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)	
Grilled Halloumi Souvlaki	480	26	49	21	6	1854	x	17	433% Vitamin C	77% Vitamin A
Chipotle-Honey Glazed Tilapia	670	45	36	50	8	540	45	22	29% Vitamin D	26% Calcium
Shells with Basil Pesto	500	19	26	50	8	371	x	17	70% Vitamin A	42% Folate
Chorizo & Chicken Fundido Casserole	810	49	36	73	10	1010	12	20	200% Vitamin C	50% Vitamin A
(use 1/2 the rice & 2/3 the cheese component)	660		31					16		
Vegetarian Cobb Salad	475	27	30	24	7	931	8	9	309% Vitamin A	467% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein 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)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% 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.*

# Golden Panko Fontina Stuffed Chicken

This dinner is all about crispy comfort with a fresh finish. Chicken breasts are stuffed with creamy fontina and spinach, rolled and coated in golden panko before roasting alongside tender broccoli. Finished with a squeeze of bright lemon, it's rich, satisfying, and perfectly balanced.

**35** Minutes to the Table

**15** Minutes Hands On

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Egg (1)

### 7 MEEZ CONTAINERS

Spinach  
Seasoned Fontina  
Cheese Sauce  
Chicken Breast  
Toothpicks  
Panko Breading  
Broccoli  
Lemon

## 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, 27g Fat, 53g Carbs, 62g Protein, and 12 Freestyle Points.

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

INGREDIENTS: Chicken Breasts, Broccoli, Spinach, Panko, Fontina, Cream Cheese, Parmesan, Cream, Garlic, Basil, Lemon, Onion Powder, Kosher Salt, Paprika, Thyme, Black Pepper.

meez *meals*

### 1. Get Organized

Preheat the oven to 400. Line a baking sheet with parchment paper or lightly brush with oil.

### 2. Create the Cheesy Filling

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Spinach** and cook until wilted, about 2 minutes. Turn off the heat and add the **Seasoned Fontina Cheese Sauce**. Stir until the cheese sauce is fully melted and combined with the spinach. Set aside still in the skillet until the next step.

### 3. Prepare the Chicken

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is less than ¼" thick and has at least doubled in size.

Unwrap the chicken and place on a cutting board with the wide end facing you (imagine a piece of paper in landscape mode.) Place half the spinach cheese mix down the middle of one of the chicken breasts lengthwise, then tightly roll away from your body, stuffing the cheese and spinach inside. Secure the stuffed breast with three of the **Toothpicks**. Repeat for each breast.

Spread the **Panko Breading** on a large plate. Whisk 1 egg in a small bowl. Dip each stuffed breast into the eggs and then the panko. Press additional panko into the chicken, especially on top, to make sure they are well coated on all sides.

### 4. Bake the Chicken and Broccoli

Place the breaded chicken breasts (with the toothpicks secure) on one half of the baking sheet. On the other half of the baking sheet, toss the **Broccoli** with olive oil, salt and pepper and arrange in a single layer. Bake until the breading is golden brown, the chicken is fully cooked, and the broccoli starts to char and is fork tender, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes, then remove the toothpicks.

### 5. Put It All Together

Serve roasted broccoli alongside the stuffed chicken and top with a squeeze of the **Lemon**. Enjoy!

*If the broccoli finishes prior to the chicken being fully cooked, remove it from the baking sheet and transfer to serving plates.*

Instructions for two servings.

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

# Sweet & Sour Tofu Over Sesame Noodles

Sweet and Sour might be the world's favorite stir fry sauce. Soy, brown sugar, pineapple, and spices come together magically with seared peppers and onions, tofu and noodles, then serving it topped with caramelized pineapple. It's a delicious dinner we can't get enough of.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Tofu  
Pineapple Rings  
Peppers &  
Onions  
Somen Noodles  
Sweet & Sour  
Sauce  
Herbs & Sesame  
Seeds

## 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 stir into the sauce 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

For **Carb Conscious**, we sent you broccoli instead of noodles, reducing the total carbs to **35g per serving**. Before step 4, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the broccoli and cook until it starts to char, about 2 to 3 minutes. Transfer directly to serving plates.

For **gluten-free**, cook rice noodles until tender, about 5 minutes, drain and rinse under cold water.

**Health snapshot per serving** – 621 Calories, 33g Protein, 14g Fat, 92g Carbs, 12 Freestyle Points.

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to view YouTube  
cooking video**



INGREDIENTS: Tofu, Somen Noodles, Pineapple, Bell Peppers, Red Onion, Tomato, Ketchup, Sesame Seeds, Garlic, Basil, Mint, Red Wine Vinegar, Tamari, Brown Sugar.

*meez* meals

### 1. **Get Organized**

Bring a saucepan of water to boil with a few pinches of salt.

### 2. **Prepare the Tofu**

Heat 2 Tbsp of olive oil in the skillet over medium high heat. When the oil is hot, add the **Tofu** and cook until one side browns, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

### 3. **Make the Pineapple Ring**

Pat dry the **Pineapple Rings**, then arrange in a single layer in the now empty skillet over medium high heat. Cook until the pineapple starts to brown and caramelize, about 3 minutes. Flip and cook until the other side starts to brown and caramelize, about another 2 minutes. (It is ok if ring breaks, you just want the pineapple to be seared on 2 sides.) Remove from the skillet and set aside. Do not wipe out the pan.

### 4. **Sauté the Veggies**

Turn the heat to high, add 1 Tbsp olive oil to the now empty skillet. When the oil is hot, add the **Peppers & Onions** with a light sprinkle of salt and pepper. Cook until the peppers start to char, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

### 5. **Cook the Noodles**

Add the **Somen Noodles** to the boiling water and cook until al dente, about 3 minutes. Drain the noodles really well, return to the saucepan, and cover.

### 6. **Make the Sauce**

While the noodles are cooking, add the **Sweet & Sour Sauce** to the now empty skillet and bring it to a boil. Cook until the sauce starts to thicken and coats the back of a spoon, about 2 minutes. Stir in the tofu and the veggies and cook until they are warm, about 1 minute.

### 7. **Put It All Together**

Serve the tofu, veggies, and sauce over the noodles. Top with **Herbs & Sesame Seeds**, and cooked pineapple. Enjoy!

Instructions for two servings.

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

# Chicken Parmesan with Basil Aioli Kale Slaw

Chicken Parmesan with a Meez twist. With fresh mozzarella, a cheesy-panko crust, and roasted kale slaw tossed with basil aioli dressing, this dinner is anything but ordinary. It's a favorite with kids and parents alike.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

## Getting Organized

### EQUIPMENT

2 Baking Sheets  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Kale Slaw  
Basil Aioli  
Chicken Breast  
Seasoned Panko  
Breading  
Fresh Mozzarella  
Marinara Sauce

## Good To Know

**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** – 980 Calories, 77g Protein, 58g Fat, 37g Carbs, 24 Freestyle Points.

**Lighten Up Snapshot per serving** - 780 Calories, 42g Fat, 25g Carbs, 17 Freestyle Points with two-thirds of the Basil Aioli, two-thirds the Seasoned Panko Breading, and two-thirds the sauce.

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

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Chicken Breast, Fresh Mozzarella, Tomatoes, Parmesan, Pecorino Romano, Panko Breadcrumbs, Kale, Broccoli, Brussels Sprouts, Green Cabbage, Radicchio Red Onion, Basil, Mayonnaise, Olive Oil, Oregano, Garlic, Paprika, Lemon, Kosher Salt, White Pepper.

meez meals

## 1. Getting Organized

Preheat your oven to 400.

## 2. Roast the Kale Slaw

Arrange the **Kale Slaw** in a single layer on a baking sheet. Drizzle with olive oil, salt & pepper. Bake until the edges start to char, about 10 to 12 minutes. Remove from the oven and mix right away with the **Basil Aioli** right on the baking sheet. Transfer to serving plates. Leave the oven on.

## 3. Prep the Chicken

While the veggies are cooking, very loosely wrap each **Chicken Breast** in saran wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. 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).

Spread the **Seasoned Panko Breading** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

## 4. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook, without disturbing, until the sides brown, about 1 minute. Flip and continue cooking until other side is brown as well, about 1 additional minute.

Transfer the chicken to a second baking sheet and top with the **Fresh Mozzarella**, two or three pieces per breast, centered the long-way. Drizzle the **Marina Sauce** down the center of the fresh mozzarella pieces.

Bake until the cheese starts to melt, about 8 to 10 minutes. Remove from the oven and let rest for 5 minutes.

## 5. Put It All Together

Serve the chicken parmesan on top of the basil aioli kale slaw. Enjoy!

*Don't be afraid to get your aggression out on the chicken!*

*The chicken will not be fully cooked after its time in the skillet. It will finish cooking in the oven.*

*Only pour the sauce along the middle so the breading stays nice and crisp.*

*Fresh mozzarella doesn't melt completely but will be hot, soft and delicious.*

Instructions for two servings.

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

# Fiesta Steak Rice Bowl

Everyone loves the vibrant fresh flavors of Mexico. We rubbed tender steak with Mexican spices and combined it with fresh salsa and hearty corn-and-bean rice. Then we topped it with colorful, crunchy tortilla chips for a taste that has you ready for a sunny margarita or cerveza.

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Oven-Safe  
Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Rice  
Steak  
Mexican Seasoning  
Salsa Fresca  
Corn & Beans  
Tortilla Chips

## Good To Know

If you ordered the **Carb Conscious version**, we sent you veggie "rice" instead of the white rice. This change along with eliminating the tortilla chips, reduces the **carbs per serving to 32g**. Skip steps 1 and 2. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the veggie "rice" until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside. Use in place of the rice in step 5.

**Health snapshot per serving** – 555 Calories, 38g Protein, 15g Fat, 68g Carbs, 12 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, Tortilla Chips, Black Beans, Corn, Tomato, Onions, White Rice, Queso Fresco, Garlic, Cilantro, Lime, Paprika, Cumin, Coriander, Chili Powder, Brown Sugar.

*meez* meals

## 1. Getting Organized

Put a saucepan of water on to boil and heat oven to 400. Set aside 1 teaspoon of the **Mexican Seasoning** to use at the end of step 2.

## 2. Cook the Rice

Add the **Rice** to the boiling water. Reduce the heat to medium and simmer, uncovered, for 15 to 20 minutes. Drain and return to the saucepan. Add the **Corn & Beans** and the 1 teaspoon of the Mexican seasoning you set aside in step 1. Mix well, cover, and set aside.

## 3. Season the Steak

While the rice is cooking, pour the remainder of the Mexican seasoning into a bowl or a Ziploc bag and add ½ tsp each salt and pepper. Pat the **Steak** dry with a paper towel and then toss in the seasoning to coat.

## 4. Cook the Steak

Heat 1 Tbsp oil in an oven-safe skillet over high heat. When the oil is very hot, add the steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds.

- **If you prefer your steak medium-rare**, transfer the skillet to the oven and cook 4 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium**, transfer the skillet to the oven and cook 5 to 6 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, transfer the skillet to the oven and cook 7 to 8 minutes. Remove to a plate and let rest for 5 minutes.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

## 5. Put It All Together

Serve the corn-and-bean rice topped with the sliced steak and **Salsa Fresca**. Top with the **Tortilla Chips** and enjoy!.

*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 to go.*

*Steak continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.*

Instructions for two servings.

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

# Wasabi Salmon

With crispy, panko-crusted salmon, a Japanese-style wasabi cream that's packed with flavor and sautéed asparagus, this recipe has it all. Best yet, dinner is on the table in less than half an hour.

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Wasabi Cream  
Panko Breading  
Salmon  
Asparagus  
Tamari & Chive Dressing

## Good To Know

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

**The wasabi cream is not overly spicy** so even if you don't normally eat wasabi, you might be pleasantly surprised by how mild ours is.

**Health snapshot per serving** – 600 Calories, 30g Fat, 265mg Sodium, 6g Fiber, 37g Carbs, 46g Protein and 16 Smart Points

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

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INGREDIENTS: Salmon, Asparagus, Breadcrumbs, Mayonnaise, Wasabi, Ginger, Tamari, Sesame Seeds, Sesame Oil, Chive, Garlic, Black Pepper, Onion

*meez* meals

### 1. Getting Organized

Preheat oven to 400.

### 2. Prepare and Cook the Salmon

Spread the **Panko Breading** evenly on a large plate.

Coat the top side of the **Salmon** with a thick layer of **Wasabi Cream** (which is in a plastic container) at least 1/4" thick. Put each piece of salmon onto the breading, cream side down. Press down to make sure the breading adheres then repeat on the other, non-wasabi side. Place onto a baking sheet, cream-and-panko side up.

Bake the salmon until the panko breading is golden brown, approximately 12 to 14 minutes.

### 3. Cook the Asparagus

While the salmon is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add **Asparagus**, salt and pepper, and sauté until the asparagus just starts to sear, about 4 to 5 minutes.

### 4. Putting It All Together

Serve the salmon on top of the asparagus and drizzle the **Tamari & Chive Dressing** (thinner white sauce with visible green chives in a sealed bag) over the entire dish. Enjoy!

*It is important that you create a nice thick layer of wasabi cream on the top of the salmon to get the full flavor of the dish.*

*The asparagus will continue to cook after you remove it from the heat so be sure not to overcook it.*

*Love this recipe? #meezmagic*

Instructions for two servings  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

# Shrimp Bruschetta Dinner

We adore bruschetta. We and are putting it center of the plate with sauteed shrimp as an entrée-sized masterpiece, With wilted spinach and arugula, garlic butter zucchini and tomatoes, and a finishing drizzle of balsamic glaze, it tastes like Italy on a plate.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Zucchini, Tomato & Onion  
Garlic Parmesan Butter  
Rustic Panini Bread  
Shrimp  
Spinach & Arugula  
Balsamic Glaze

## 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** – 650 Calories, 21g Protein, 30g Fat, 78g Carbs, 24 Freestyle points.

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

INGREDIENTS: Shrimp, Rustic Panini Bread, Spinach, Arugula, Tomatoes, Butter, Zucchini, Red Onion, Parmesan, Balsamic Vinegar, Brown Sugar, Chive, Basil, Garlic

meezmeals

### 1. Prepare the Bruschetta Veggies

Put the **Zucchini, Tomato & Onion** into a mixing bowl and drizzle with 1 Tbsp olive oil and a sprinkle of salt and pepper. Set aside until Step 5.

### 2. Grill the Bread

Melt one third of the **Garlic Parmesan Butter** in a large skillet over medium heat. Add the **Rustic Panini Bread** and grill until golden brown, about 1 to 2 minutes on each side. Transfer to a plate and set aside until step 5. Do not wipe out the skillet.

### 3. Cook the Shrimp

Pat dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from the pan and set aside. Do not wipe out the skillet.

### 4. Cook the Greens

Return the now-empty skillet to the stove over medium heat. Add the remaining garlic parmesan butter. When it has melted, add the **Spinach & Arugula** and cook until the spinach is wilted, about 1 to 2 minutes. Remove from the heat.

### 5. Put It All Together

Layer the wilted greens on top of each slice of grilled bread from edge-to-edge and drizzle with any remaining butter from the skillet. Top with the bruschetta veggies and cooked shrimp and drizzle with the **Balsamic Glaze**.

Enjoy!

*If you work in batches to grill the bread, be sure to use just 1/3 of the garlic parmesan butter for this step. You'll need the remaining two-thirds in Step 4.*

Instructions for two servings.

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

# Grilled Halloumi Souvlaki

Something magical happens to halloumi cheese when it's grilled. It gets a crispy, crunchy, salty flavor that's flat out delicious. We're serving the Greek classic with sautéed squash, veggie "rice" and arugula pesto for a speedy dinner that's naturally low in calories and high in flavor.

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

### 5 MEEZ CONTAINERS

Halloumi Cheese

Veggie "Rice"

Zucchini & Summer

Squash

Red Pepper

Arugula Pesto

## Good To Know

**Integrate into recipe:** Prior to step 31 cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the veggie rice 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** – 630 Calories, 30g Protein, 50g Fat, 21g Carbs, 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: Halloumi Cheese, Cauliflower, Red Pepper, Summer Squash, Zucchini, Vegetable Oil, Artichoke, Arugula, Red Onion, Lemon Pepper, Chive, Lemon, Garlic.

meez *meals*

1. **Cook the Halloumi Cheese:**

Slice the **Halloumi Cheese** into ½" cubes (they don't need to be perfect cubes).

Heat a 1 Tbsp 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 1 to 2 minutes. Remove from the skillet and set aside. Wipe out the pan.

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

2. **Cook the Veggie Rice**

Return the now-empty skillet to the stove with 1 Tbsp olive oil over high heat.

When the oil is hot, add the **Veggie "Rice"** and cook until it starts to soften, about 2 to 3 minutes. Transfer directly to serving plates. Wipe out the pan.

3. **Cook the Veggies**

Return the empty skillet to the stove with 1 Tbsp olive oil over high heat. Pat dry **Zucchini & Summer Squash**. When the oil is hot, add the Zucchini & Summer Squash and **Red Peppers** to the skillet and cook until edges of the squash start to char, about 5 minutes. Transfer to the serving plates on top of the veggie rice.

4. **Put It All Together**

Place the Halloumi Cheese on top of the veggies and drizzle with the **Arugula Pesto**. Enjoy!

Instructions for two servings.

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

# Chipotle-Honey Glazed Tilapia

We're giving tilapia a sweet and smoky twist this week, with a honey and mildly spicy chipotle glaze that's flat out delicious. We're serving it with a kale, feta and cranberry salad for a dinner that's on the table in just twenty minutes. Simple and sophisticated, this dinner is a winner.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour (1/4 cup)

### 5 MEEZ CONTAINERS

Kale & Chopped Veggies  
Feta Cranberry Dressing  
Toasted Pecans & Walnuts  
Tilapia  
Honey-Chipotle Glaze

## Good to Know

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

**Health snapshot per serving** – 670 Calories, 45g Protein, 36g Fat, 50g Carbs, 22 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:** Tilapia, Kale, Broccoli, Brussels Sprouts, Green Cabbage, Radicchio, Red Onion, Pecan, Feta, Cranberry, Garlic, Onion, Mayonnaise, White Wine Vinegar, Brown Sugar, Honey, Chipotles in Adobo, Orange, Lime, Tamari.

meezmeals

### 1. Get Organized

Preheat oven to 400 degrees.

### 2. Create the Kale, Feta and Cranberry Salad

Spread the **Kale & Chopped Veggies** on a baking sheet. Sprinkle with salt and pepper and drizzle with olive oil. Bake until the kale starts to crisp, about 8 to 10 minutes. Toss the roasted veggies with the **Feta Cranberry Dressing** and half of the **Toasted Pecans & Walnuts** in a large mixing bowl. Refrigerate until ready to eat.

### 3. Cook the Tilapia

While the kale is roasting, add ¼ cup flour to a flat plate. Pat dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Put the tilapia in the flour, gently press down to coat one side of the tilapia. Flip the tilapia over and coat the other side. Repeat for all pieces of tilapia.

Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, shake off any extra flour from the tilapia. Carefully place the tilapia in the skillet and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook until the bottom of the tilapia starts to brown slightly.

Add the **Honey-Chipotle Glaze** to the skillet and cook for an additional minute, frequently spooning the glaze over top of the tilapia as it boils and thickens. Turn off heat and transfer the tilapia directly to serving plates. Do not wipe out the skillet.

### 4. Put It All Together

Add the remaining Toasted Pecans & Walnuts to the skillet and mix with the Honey-Chipotle Glaze left in the pan until they are completely covered. Top the tilapia with the glazed nuts and serve with the Kale, Feta and Cranberry Salad on the side. Enjoy!

*We've given you plenty of glaze so as soon as you have glazed the nuts, rinse the remaining glaze out of the skillet so it doesn't harden and make clean-up difficult.*

Instructions for two servings.

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

# Shells with Basil Pesto

Crazy simple, crazy delicious. This recipe is a test kitchen favorite. We're tossing sautéed asparagus and green beans with a tasty basil pesto and serving it over shells. The dinner is on the table in 15 minutes and surprisingly low in calories. That's the magic of Meez.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Medium  
Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Shells  
Basil Pesto  
Veggies  
Parmesan

## Good to Know

**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 stir into the pasta 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 ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the shells, reducing the **carbs per serving to 21g**. Skip step 1. Include the zucchini "noodles" as part of the veggies to be cooked in step 2.

**Health snapshot per serving** – 500 Calories, 19g Protein, 26g Fat, 17 Freestyle Point.

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



INGREDIENTS: Pasta Shells, Asparagus, Green Beans, Parmesan Cheese, Cream, Basil, Chive, Balsamic Vinegar, Vegetable Stock, Garlic, Black Pepper.

*meez* meals

### 1. Cook the Shells

Bring a pot of water to boil over high heat with a pinch of salt. When the water is boiling add the **Shells** and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 3.

### 2. Sauté the Veggies

While the shells are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, add the **Veggies** and cook until everything turns bright green and starts to blister, about 2 to 3 minutes. Lower the heat to medium.

### 3. Put It All Together

Add the **Basil Pesto** and half the **Parmesan** to the veggies and mix until the sauce is warm, about 2 minutes. Remove from the heat and stir in the cooked pasta shells.

Top with **Parmesan**. Enjoy!

Instructions for two servings.

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

# Chicken & Chorizo Fundido Casserole

You know that super delicious, super indulgent queso fundido appetizer that you love to order at your favorite Mexican restaurant? We love it too, and we've reimagined it as an entrée, packed with protein, veggies, and all the bubbling cheesiness that you adore.

**40** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Casserole Dish
- Large Saucepan
- Large Skillet
- Colander

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 7 MEEZ CONTAINERS

- White Rice
- Chorizo
- Chicken Breast
- Spiced Beans and Veggies
- Mexican Cheese
- Pico de Gallo Grande
- Lime

## Good To Know

**Health snapshot per serving** – 810 Calories, 36g Fat, 49g Protein, 73g Carbs, 20 Freestyle Points

**Lightened up health snapshot per serving** – 660 Calories, 31g Fat, 56g Carbs, 49g Protein, 16 Freestyle Points, by using half of the rice and two-thirds of the cheese.

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

INGREDIENTS: Chicken Breast, Chorizo Sausage, Tomato, White Rice, Yellow Onion, Black Bean, White Cheddar, Chihuahua Cheese, Corn, Bell Peppers, Jicama, Jalapeño, Lime, Orange Juice, Green Onion, Cilantro, Tomato Paste, Vegetable Stock, Ancho Chili, Garlic, Coriander, Paprika, Oregano, Cumin

*meez* meals

## 1. Get Started

Bring a saucepan of water to a boil. Preheat your oven to 375. Spray a casserole dish with oil.

## 2. Cook the Rice

Add the **White Rice** to the boiling water with a sprinkle of salt and cook until tender, about 15 minutes. Drain and set aside in the colander.

## 3. Cook the Chorizo

While the rice is cooking, heat a large skillet over medium-high heat. When the skillet is hot, add the **Chorizo** and use a spatula or serving spoon to break it up until it is the texture of ground beef. Cook until the chorizo is completely brown and slightly crispy, about 4 minutes. Transfer the cooked chorizo to a paper-towel-lined plate. Do not wipe out the skillet.

## 4. Cook the Chicken

Add 1 Tbsp olive oil to the chorizo oil still remaining in the skillet and heat over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breast** 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 to a cutting board and let rest for 5 minutes. Once the chicken has rested, hold it in place with one fork and with a second fork, shred the chicken into pieces typical of the size used in chicken soup.

## 5. Bake the Casserole

After draining the rice, heat 1 Tbsp olive oil in the now-empty rice saucepan over medium-high heat. When the oil is hot, add the **Spiced Beans & Veggies** along with 3 Tbsp water. Cook, stirring frequently, until the onions and peppers soften, about 4 minutes. Turn off the heat and add the drained rice, cooked chorizo and shredded chicken to the saucepan and stir well. Transfer the contents of the saucepan to the oiled casserole dish and top with the **Mexican Cheese**. Bake until the cheese is brown and bubbly, about 10 to 12 minutes.

## 6. Serve and Enjoy

Let cool for at least 5 minutes and then serve topped with the **Pico de Gallo Grande** and a squeeze of the **Lime**. Enjoy!

*We recommend  
an 8"x8" or  
similar sized  
casserole dish.*

*The chorizo  
oil left in the  
skillet adds  
great flavor to  
the chicken.*

Instructions for two servings.

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

# Vegetarian Cobb Salad

You asked for it! We've created a vegetarian Cobb Salad that is flat out delicious. We've created a "bacon" crumble with cauliflower bits and an adobo, maple blend that's even better than the real thing. It is tossed with romaine, spinach, hardboiled egg, blue cheese and our signature lemon chive dressing.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Skillet  
Saucepan  
Large Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Eggs (2 per serving)

### 6 MEEZ CONTAINERS

Cauliflower "Bacon"  
Crumbles  
Romaine  
Spinach  
Red Pepper  
Lemon Chive Dressing  
Blue Cheese

## Good to Know

**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 serve on top of the salad 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

### **Health Snapshot per serving**

475 Calories, 30g Fat, 24g Carbs, 27g Protein, 9 Freestyle Point

INGREDIENTS: Romaine, Spinach, Cauliflower, Red Bell Pepper, Blue Cheese, Mayonnaise, Chive, Tamari, Lemon, Chipotles in Adobo, Maple Syrup, Vinegar, Brown Sugar, Liquid Smoke, Black Pepper, Paprika.

meezmeals

### 1. **Hard-boil the Eggs**

Place 4 eggs in a saucepan and cover with cold water by one inch. Cover and bring to a boil over high heat. When the water is boiling, remove from the heat, cover and let the eggs sit in the hot water for 15 minutes.

### 2. **Make the Cauliflower “Bacon” Crumbles**

While the eggs are sitting, heat 1½ Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the **Cauliflower “Bacon” Crumbles** to the pan and sauté until they start to crisp and all the sauce is evaporated, about 3 minutes. Remove from the heat and set aside to cool.

### 3. **Build the Salad**

When finished, run the hardboiled eggs under very cold water, peel and cut into small ¼” to ½” cubes. Lay the **Romaine** on a cutting board and slice into 1” pieces.

Combine the **Romaine**, **Spinach**, **Red Pepper**, cauliflower “bacon” crumbles, chopped egg and **Lemon Chive Dressing** in a large mixing bowl and toss.

Top with **Blue Cheese** and enjoy!

Instructions for two servings.

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