

Caper Tilapia with Parsley and Potatoes

35 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You will need 1 1/2
Tbsp butter per
serving.

Getting Started

Preheat your oven to
400.

Chive Beurre Blanc Salmon & Mushrooms

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in large
skillet.

From Your Pantry

You'll need olive oil,
salt and pepper.

Quick Tips



Creamy Tomato Soup with Grilled Cheese Croutons

30
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Cook the filling up to
a day ahead.

Meal Tip

You'll need olive oil,
salt and pepper

Cuban Chicken Quesadilla

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to
400.

From your Pantry

You'll need olive oil,
salt and pepper.

Shells with Basil Pesto

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of
water to a boil.

From Your Pantry

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

Steak Au Poivre

35 Min to Table	35 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, flour, butter, salt and pepper.
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Brown Butter Gnocchi

30 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, butter, salt and pepper.
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Meal Tip	This dish makes a great cold pasta salad.
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Bangkok Basil Crunch Salad

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started	Toss and serve!
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Shrimp Bruschetta Dinner

15 Min to Table	15 Min Hands On	1 Whisk 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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Gochujang Chicken with Udon Noodle

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, salt and pepper.
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Meatball and White Cheddar Biscuit Casserole

40 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need olive oil, egg, butter, flour and milk.
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Meal Tip	Use an 8x8 for 2 svg, a 9x9 for 3 svg, and 9x12 for a 4 svg.
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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 rcmdnd daily)	
Gochujang Chicken with Udon Noodles (use 1/2 the noodles, 2/3 the sauce & broth)	770	61	34	56 CC 29	4	1240	7	19	50% Vitamin C	25% Iron
	600		25					13		
Meatball and White Cheddar Biscuit Casserole	920	47	51	67	6	2530	24	29	50% Calcium	60% Vitamin A
Chive Beurre Blanc Salmon & Mushrooms	460	35	28	16	4	490	7	10	80% Vitamin D	30% Vitamin A
Shrimp Bruschetta Dinner	650	21	30	78	5	1170	20	24	60% Vitamin A	40% Vitamin C
Cuban Chicken Quesadilla (½ the tortillas and cheese)	910	73	48	45	4	1520		27	59% Calcium	19% Iron
	630		33					18		
Shells with Basil Pesto	500	19	26	50	8	371	x	17	70% Vitamin A	42% Folate
Caper Tilapia with Parsley and Potatoes (½ the butter and oil, and ¾ potatoes)	660	47	25	57	4	1166	6	19	115% Vitamin C	19% Iron
	515		14					14		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Cream of Tomato Soup with Grilled Cheese Croutons	740	19	62	29	4	1084	12	30	62% Calcium	69% Vitamin A
½ the bread and ½ the cheese	610		55					26		
Brown Butter Gnocchi	600	15	19	88	10	350		18	68% Vitamin A	73% Vitamin C
Steak Au Poivre	840	40	51	57 CC 28	8	569	12	31	83% Vitamin A	74% Vitamin B-12
(½ sauce, roast the potatoes)	640		31					21		
Bangkok Basil Crunch Salad	560	25	42	31	10	1358		18	66% Vitamin C	120% Vitamin A
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)	
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
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.

Gochujang Chicken with Udon Noodles

The star of this dish is our own mildly spicy gochujang sauce. Served with all-natural chicken breast, udon noodles and Asian veggies, it is a wow-meal that is on the table in a flash.

20 Minutes to the Table

20 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet
Medium Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Udon Noodles
Asian Veggies
Chicken
Gochujang Sauce
Cilantro, Radish &
Sesame Seeds

Good to Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the Udon noodles reducing the **carbs per serving to 29g**. Prior to Step 2, sauté the zucchini with olive oil over medium high heat until brown, about 3 to 4 minutes. Use the zucchini "noodles" in place of the udon.

Health snapshot per serving – 770 Calories, 61g Protein, 34g Fat, 56g Carbs, 19 Freestyle Points.

Lightened up health snapshot per serving – 600 Calories, 25g Fat, and 35g Carbs, by using half the Glass Noodles and two-thirds of the Gochujang Sauce and two-thirds of the Coconut Broth

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

INGREDIENTS: Chicken Breast, Udon Noodles, Baby Corn, Green Cabbage, Snow Peas, Red Radish, Daikon Radish, Green Onion, Coconut Milk, Gochujang, Miso, Honey, Sesame Oil, Rice Wine Vinegar, Tamari, Sesame Seeds, Cilantro

meez meals

1. Cook the Noodles

Bring a saucepan of water to a boil. Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Drain well and set aside.

2. 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 **Asian Veggies** and sprinkle with salt and pepper. Sauté, stirring occasionally, until the cabbage edges start to char, about 4 minutes. Transfer the veggies to a bowl and set aside. Wipe out the skillet.

3. Cook the Chicken

Pat dry the **Chicken** and season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over high heat. When the oil is hot, add the chicken and cook until it starts to brown, about 4 to 5 minutes. Flip and cook for an additional 4 minutes. Let the chicken rest for 5 minutes and then slice into half inch strips. Wipe out the skillet.

4. Create the Glaze

Add the **Gochujang Sauce** to the now-empty skillet and cook until it is hot and slightly thickened, about 3 minutes. Turn off the heat and add the sliced chicken and stir until well coated. Remove the coated chicken from the skillet. Add the cooked udon noodles to the skillet and stir until coated in the rest of the sauce.

5. Put It All Together

Serve the Asian veggies on top of the coated noodles and then the coated chicken. Top with the **Cilantro, Radish & Sesame Seeds**. Enjoy!

Instructions for two servings.

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

Meatball & White Cheddar Biscuit Casserole

We're cooking beef meatballs with a generous topping of white cheddar and classic root vegetables in a biscuit batter that bakes-up tender and flaky. With a sweet onion gravy, it's cozy comfort food through and through.

40 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisks *Easy*

Getting Organized

EQUIPMENT

Casserole Dish
Large Skillet

FROM YOUR PANTRY

Olive Oil
Egg (1/svg)
Butter (1/2 Tbsp/svg)
Flour (1/2 Tbsp/svg)
Milk (1/2 Cup/svg)

6 MEEZ CONTAINERS

Seasoned Biscuit Mix
Carrot, Celery & Turnips
Beef Meatballs
White Cheddar
Onions & Sage
Apple Cider Sauce

Good to Know

Health snapshot per serving – 920 Calories, 51g Fat, 67g Carbs, 47g Protein, and 29 Freestyle Points.

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

INGREDIENTS: Meatballs, Onion, Apple Juice, White Cheddar, Turnip, Bisquick, Carrot, Celery, Apple Cider Vinegar, Mozzarella, Chicken Stock, Pecorino, Asiago, Garlic, Fennel, Black Pepper, Sage, Onion Powder, Thyme.


meez *meals*

1. Get Organized

Preheat the oven to 425. Spray or brush a casserole dish with oil.

2. Make the Biscuit Batter

Crack 2 eggs in a large mixing bowl and beat well. Add 1 cup of milk and beat until combined. Next add the **Seasoned Biscuit Mix** and stir gently until all the liquid is just incorporated.

3. Create the Casserole

Arrange the **Carrot, Celery & Turnips** in a single layer in a casserole dish and then pour the biscuit batter over top. Spread the **Beef Meatballs** evenly on top of the biscuit batter, then sprinkle with half of the **White Cheddar**.

Bake for 25 minutes, then sprinkle with the remaining white cheddar and continue baking until the cheese is brown and the biscuit is fully cooked, an additional 10 to 12 minutes. Remove from the oven and let rest for at least 5 minutes.

4. Make the Gravy

After adding the remaining cheese and returning the casserole dish to the oven, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Onions & Sage** along with a sprinkle of salt and pepper. Sauté until the onions brown, about 3 to 4 minutes. Add 1 Tbsp of butter to the onions. Once the butter melts, add 1 Tbsp flour and mix until the onions are well coated. Cook until the flour starts to brown, about 1 to 2 minutes.

Add the **Apple Cider Sauce** and bring to a boil. Reduce the heat to medium and cook, stirring continuously, until the gravy thickens enough to coat the back of a spoon, about 2 to 3 additional minutes. Remove from the heat.

5. Put It All Together

Serve the finished casserole smothered with the gravy over top. Enjoy!

*We recommend
an 8x8 dish for
a 2 svg, a 9x9
for a 3 svg, and
a 9x12 for a 4
svg.*

Instructions for two servings.

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

Chive Beurre Blanc Salmon & Mushrooms

French white sauces have a reputation for being tricky, but the light, creamy Beurre Blanc is easier than you'd think. It's perfect with premium salmon, sautéed mushrooms and seared green beans.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Skillets
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Mushrooms
Salmon
Green Beans & Leeks
Chive Butter
Beurre Blanc Sauce

Good to Know

Health snapshot per serving – 460 Calories, 28g Fat, 16g Carbs, 35g Protein and 10 Freestyle Points.

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

INGREDIENTS: Salmon, Green Beans, Cream, Button Mushrooms, Cremini Mushrooms, Leeks, Butter, White Wine, Chives, Vegetable Stock, Dijon Mustard, Black Pepper

*meez*meals

1. Cook the Mushrooms

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Mushrooms** and cook, stirring occasionally, until they brown, about 7 to 8 minutes. Remove from the skillet and set aside in a small bowl. Do not wipe out the skillet. You'll use it in step 4 for the sauce.

2. Cook the Salmon

While the mushrooms are cooking, lightly sprinkle the **Salmon** with salt and pepper.

Heat 1 Tbsp olive oil in a second large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom is browned and each piece begins to color up the side, about 3 to 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Remove from the skillet and let rest for 5 minutes. Wipe out the skillet. You'll use it in step 3 for the green beans.

3. Cook the Green Beans & Leeks

While the salmon is resting, heat 1 Tbsp olive oil in the now-empty salmon skillet over medium-high heat. When the oil is hot, add the **Green Beans & Leeks** with a light sprinkle of salt and pepper. Cook until the green beans are bright green and just starting to char, about 5 to 6 minutes.

4. Create the Sauce

While the green beans are cooking, melt the **Chive Butter** in the now-empty mushroom skillet over medium heat. Add the **Beurre Blanc Sauce** and simmer, stirring frequently, until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Turn off the heat and stir in the cooked mushrooms.

5. Put It All Together

Serve the salmon topped with the mushrooms and Beurre Blanc sauce, and the green beans & leeks on the side. Enjoy!

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

meez *meals*

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

Cuban Chicken Quesadilla

The flavors of a classic Cuban sandwich toasted in a quesadilla form. With Dijon coated chicken, ham, melted Swiss, and our house pickled veggies, it's super simple, super delicious.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Dijon Mayo
Tortillas
Ham
Swiss Cheese
Pickled Veggies

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 – 910 Calories, 73g Protein, 48g Fat, 45g Carbs.

Lightened Up Health snapshot per serving – 630 Calories, 33g Fat, 20g Carbs, using half the tortillas and half the cheese.

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

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to view YouTube
cooking video



INGREDIENTS: Chicken Breast, Ham, Flour Tortilla, Broccoli, Swiss, Red Onion, Carrot, Dill, Dijon Mustard, Mayonnaise, Rice Wine Vinegar, Kosher Salt, Sugar.

meez meals

1. Get Organized

Preheat your oven to 400 degrees.

2. Cook the Chicken

Heat a large skillet with 1½ Tbsp of olive oil over medium high heat. Pat dry the **Chicken Breast** and lightly salt and pepper both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 to 5 minutes. Flip, then cook until the other side is brown, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes.

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). Put the shredded chicken in a mixing bowl with the **Dijon Mayo** and stir until the chicken is well coated.

3. Build the Quesadilla

Brush a baking sheet with olive oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled side down. Cut each slice of **Ham** in half.

Arrange the **Swiss Cheese** in a single layer on one half of each tortilla. Top with the sliced ham, covering as much of the cheese as possible. Spread the shredded chicken in a single layer on top of the ham and fold each tortilla over to create a half-moon. Press down firmly on each tortilla to keep it closed.

4. Bake and Finish

Bake the quesadillas until the top and edges are golden brown, about 8 to 10 minutes. Flip the quesadillas and cook for an additional 3 to 4 minutes. Remove from the oven and let rest for at least 5 minutes. Drain the liquid from the **Pickled Veggies**. Once the quesadilla has rested, slice into triangles and top with the pickled veggies. Enjoy!

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

Caper Tilapia with Parsley and Potatoes

Sophisticated made easy. We're serving seared tilapia with a classic beurre blanc sauce this week. It sounds fancy, but this parsley caper butter sauce comes together in a flash. Served over roasted potatoes, it's a recipe the whole family will love.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet

FROM YOUR PANTRY

3 Tbsp Butter
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Potatoes
Tilapia
White Wine
Capers & Garlic
Parsley

Make The Meal Your Own

If you ordered the **carb conscious version**, you received broccoli instead of the potatoes reducing the **carbs per serving to 16g**. Preheat oven to 425 (rather than 400) and for step 2. place the broccoli on a baking sheet, drizzle with olive oil, salt and pepper and bake until the broccoli starts to brown, about 8 to 10 minutes.

To get your potatoes nice and crisp, arrange them skin-side up on your baking sheet.

Good To Know

The parsley caper butter sauce is our take on the classic French beurre blanc. It sounds complicated, but it's simple to make and adds great flavor to the dish.

Health snapshot per serving – 660 Calories, 25g Fat, 47g Protein, 57g Carbs, 19 Smart Points

Lighten Up snapshot per serving – 515 Calories, 14g Fat, 45g Protein, 44g Carbs, 14 Smart Points with ½ the butter and oil, and ¾ potatoes.

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: Potatoes, Tilapia, White Wine, Caper, Parsley, Garlic

meez meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prep and Roast the Potatoes

Cut the **Potatoes** in half lengthwise. Toss with 2 Tbsp of oil and season generously with salt and pepper. Arrange in a single layer on a baking sheet and roast until deep brown and crispy, about 30 minutes.

For extra crispy potatoes, place them skin-side up.

3. Cook the Tilapia

When the potatoes have been cooking for 15 minutes, dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook an additional 3 to 4 minutes. Remove to a plate and let rest. Pour out any excess oil from the skillet.

Pour out extra oil but leave behind any browned bits on the bottom of the skillet - they add great flavor to your sauce.

4. Make the Sauce

Cut 3 Tbsp cold butter in small chunks. Add the **White Wine** to the now-empty skillet, return skillet to stove and cook over medium high heat. Continue to stir, scraping up any browned bits from the bottom of the pan. Cook the wine until about 1/3 of it has reduced, about 3 to 6 minutes. Add the **Capers & Garlic** and cook 1 minute. Turn off the heat and stir in butter and **Parsley**.

5. Put It All Together

Top the crispy potatoes with the fish and drizzle the white wine butter sauce over the top to serve.

Instructions for two servings.

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

Cream of Tomato Soup with Grilled Cheese Croutons

We're turning classic grilled cheese and tomato soup upside down by serving toasted gruyere croutons right in the creamy soup. The combination can't be beat.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

French Roll
Gruyere &
Chives
Seasoned
Onions
Tomatoes &
Herbs
Cream

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and serve alongside the soup when it is finished.

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

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

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

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

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the French roll to make cauliflower "croutons" (**reducing the carbs per serving to 21g**). In step 1 preheat the oven to 425 and place the Cauliflower in a single layer on a baking sheet. Drizzle with olive oil. Bake until the cauliflower starts to turn brown, about 15 to 17 minutes. While still on the baking sheet, form the cauliflower, using a spoon, into two rectangles about 4" by 5". Top each rectangle with half the **Gruyere & Chives** and return to the oven until the cheese is bubbly and starts to brown, about 8 to 10 minutes. Turn off the heat but leave the cauliflower and cheese in the oven until step 4.

Health snapshot per serving – 740 Calories, 19g Protein, 62g Fat, 29g Carb, 30 Freestyle Points.

Lightened-Up Health snapshot per serving – 610 Calories, 12g Protein, 55g Fat, 22g Carb, 26 Freestyle Points with ½ the bread and ½ the cheese.

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cooking video**



INGREDIENTS: Tomatoes, French Roll, Gruyere, Cream, Basil, Chive, Onion, Vegetable Broth, Black Pepper.

meez meals

1. Getting Organized

Preheat oven to 350 degrees.

2. Prepare the Croutons

Cut the **French Rolls** into ½" cubes and place on a baking sheet. Drizzle with olive oil, and lightly salt and pepper. Bake until the croutons brown, about 10 minutes. Cover the croutons with the **Gruyere & Chives** and return to the oven to bake until the cheese is melted and bubbly, about 3 to 5 additional minutes. Turn off oven but leave croutons inside to stay warm until the soup is done.

3. Cook the Soup

While the croutons are baking, heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Seasoned Onions** and cook until they are brown and slightly translucent, about 4 minutes.

Turn the heat to high, stir in the **Tomatoes & Herbs** and **Cream** and bring to a boil.

Lower the heat to low, cover, and simmer for 5 minutes.

4. Finish and Serve

Ladle the soup into serving bowls, top with the croutons, and enjoy!

Instructions for two servings.

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

Brown Butter Gnocchi

Hello, Summer! We're tossing sautéed zucchini and squash with toasted gnocchi and fresh tomatoes. With a super-easy brown butter sauce, this dinner is simple and delicious!

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Butter (1 ½ Tbsp
per serving)
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Gnocchi
Grape Tomatoes
Garlic & Onions
Zucchini & Squash

Add Protein Cooking Instructions

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

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

Hot & Cold: This dish makes a great pasta salad. Cook everything in advance and chill. Just wait to add the tomatoes in the final step until you're ready to serve.

Health snapshot per serving – 600 Calories, 16g Protein, 19g Fat, 18 Freestyle Points.

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Gnocchi, Zucchini, Squash, Tomato, Garlic, Onion, Butter.

meez meals

1. Getting Organized

Preheat oven to 400 degrees.

2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake the gnocchi until slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside.

3. Cook the Tomatoes

While the gnocchi is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Place the **Grape Tomatoes** into a ziplock bag and seal tightly. Using your hands, squish the tomatoes until they burst. Carefully pour the entire contents of the ziplock bag into the skillet. Add the **Garlic & Onions** and cook, stirring occasionally, until most of the liquid has evaporated and the tomatoes have softened, about 7 to 9 minutes. Remove the tomatoes, garlic & onions from the heat and set aside.

4. Cook the Veggies & Make the Butter Sauce

Wipe out the skillet and return to the stove over medium-high heat with 1 Tbsp olive oil. When the oil is hot, add the **Zucchini & Squash** and cook until the edges are brown, about 2 to 3 minutes.

Reduce heat to medium and add 3 Tbsp butter. Cook until the butter turns brown and then immediately remove from the heat.

5. Put It All Together

Add the gnocchi to the skillet and stir until they are well coated with butter. Stir-in the tomatoes, garlic & onions and enjoy!

Instructions for two servings.

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

Steak Au Poivre

One of France's most classic steak dishes. We're cooking our Steak Au Poivre with a magical butter sauce spiked with pepper, wine and cream that makes this dinner of seared steak, roasted broccoli and mashed potatoes sing. It's a restaurant worthy dinner you can whip up in just over a half-hour. Viva la France!

35 *Minutes to the Table*

35 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet(s)
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
½ Tbsp Flour per serving
¾ Tbsp Butter per serving

6 MEEZ CONTAINERS

Red Skin Potatoes
Steak
Broccoli
Onions & Garlic
Au Poivre Sauce
Parsley

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of potatoes to make "mashed cauliflower." This reduces the **carbs per serving to 28g**. Replace Step 2: set a large pot of water to boil over high heat. Once the water is boiling add the cauliflower and cook until soft, about 10 minutes. Drain and use the cooked cauliflower in place of the potatoes in Step 6.

Health snapshot per serving – 840 Calories, 40g Protein, 51g Fat, 57g Carbs, 31 Smart Points

Lighten Up snapshot per serving – 640 Calories, 31g Fat, and 21 Smart Points by using half of the Au Poivre sauce and eliminating the mashing of the potatoes (simply roast them per the instructions and then drizzle a small amount of the Au Poivre sauce on top).

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, Red Skin Potato, Broccoli, Red Onion, Garlic, Parsley, Wine, Cream, Chicken Broth, Dijon Mustard, Brown Sugar, Black Pepper,

meez meals

1. **Get Organized**

Preheat oven to 425.

2. **Prepare the Potatoes**

Cut **Red Skin Potatoes** in half and place on baking sheet with the skin side up. Drizzle with olive oil and cook for 10 minutes (will move on to Step 4 and cook for another 10-12 minutes or 20-22 minutes total).

3. **Cook the Steak**

While the potatoes are cooking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very 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 prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min.

4. **Cook the Broccoli**

Take the baking sheet out of the oven and place the **Broccoli** next to the potatoes. Drizzle broccoli with olive oil and salt and pepper and cook for 10 to 12 minutes until potatoes are soft and broccoli is just beginning to brown.

5. **Make the Au Poivre Sauce**

While broccoli is cooking, wipe clean the skillet used for steak and heat 1 Tbsp of oil over medium-high heat. Add the **Onions & Garlic** and cook until the onions are translucent, about 4 to 6 minutes. Add 1½ Tbsp butter and when the butter is melted add 1 Tbsp flour and cook until the flour is beginning to brown, about 2 minutes. Add the **Au Poivre Sauce** and stir, scrapping the browned bits of flour off the bottom of the pan. Cook until sauce is consistency of gravy and has turned a golden brown, about 2 to 3 minutes. Remove from heat.

6. **Create the Mashed Potatoes and Serve**

Place the cooked potatoes in a mixing bowl, add salt and pepper, and 1/3 cup of the finished Au Poivre Sauce. With a fork, break-up and stir the potatoes until they are the consistency of mashed potatoes (some chunks are perfectly OK), mixing in the Au Poivre sauce thoroughly.

Plate the broccoli, steak & mashed potatoes, Drizzle steak and broccoli with Au Poivre sauce and top all with parsley. Enjoy!

*Red Potatoes
don't do well
when they are
cut in advance,
so we're
sending them
to you whole.*

*The Au Poivre
sauce should
be bubbling as
it thickens
during this
step.*

*Include the
onions in your
mashed
potatoes. They
add great
flavor!*

Instructions for two servings.

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

Bangkok Basil Crunch Salad

A Thai-inspired basil crunch gives Asian veggies and organic tofu a flair we can't resist. It's a toss & serve meal made with plenty of fresh basil, ginger and ground peanuts that's unusual and totally delicious. Thinking about bringing it to the office? No cooking is required, so it's a great choice for home or on the go.

5 Minutes to the Table

5 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Asian Veggies

Organic Tofu

Bangkok Basil

Dressing

Peanuts

Add Protein Cooking Instructions

Integrate into recipe: Prior to tossing the salad in Step 1, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and toss with the salad.

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 – 510 Calories, 33g Protein, 29g Carbs, 31g Fat, 8 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6 339.

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



INGREDIENTS: Organic Tofu, Cabbage, Carrots, Sugar Snap Peas, Peanuts, Vegetable Oil, Rice Wine Vinegar, Tamari, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic.

meez meals

1. Put It All Together

Put the **Asian Veggies** into a large mixing bowl with the **Organic Tofu** and **Bangkok Basil Dressing**. Add salt and pepper to taste. Serve topped with the **Peanuts**.

2. Enjoy

Instructions for two servings.

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