

Lemon Chicken Milanese

25 Min to Table	25 Min Hands On	2 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, salt and pepper
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Tarragon Butter Steak with Orzo Pilaf

25 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a large pot of water to boil.
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From Your Pantry	You'll need olive oil, salt and pepper
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Quick Tips



meez meals

Rotini with Basil Oil and Pecorino

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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Omnivore Option	Baked Chicken breast would be delicious!
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Ultimate Greek Skillet

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat olive oil in large skillet.
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From Your Pantry	You'll need olive oil, salt, and pepper.
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Bistro Steak with Pesto Penne

20 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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Meal Tip	Cook up to 2 days in advance for an easy dinner or lunch.
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Chorizo & Chicken Fundido Casserole

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
Getting Started	Put a saucepan of water onto boil and preheat oven to 375.	
From Your Pantry	You'll need olive oil, salt and pepper	

Coconut and Almond Shrimp

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
Getting Started	Put a saucepan of water on to bowl.	
From Your Pantry	You'll need olive oil, salt, pepper, and eggs.	

Meatball Döner Kebab

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
Getting Started	Mix the veggies with the garlic crema.	
From Your Pantry	You'll need olive oil, salt & pepper	

Sesame Ginger Salmon

40 Min to Table	25 Min Hands On	1 Whisk Super Easy
Getting Started	Preheat your oven to 400 and bring a pot of water to a boil.	
From Your Pantry	You'll need olive oil, salt and pepper	
Meal Tip	Add as much or as little glaze as you like to get it just the way you like it.	

Sweet Potato Kale and Rice Bowl with Peanut Sauce

40 Min to Table	20 Min Hands On	1 Whisk Easy
Getting Started	Preheat your oven to 450 & put a saucepan on to boil.	
Omnivore Option	We like this dish as is.	

Vegetarian Cobb Salad

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
Getting Started	Hard boil your eggs.	
From Your Pantry	You'll need olive oil, butter, milk, salt & pepper	

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Coconut & Almond Shrimp	500	23	24	57 CC 22	7	150	9	17	80% Vitamin A	60% Vitamin C
Bistro Steak with Pesto Penne	555	45	25	40	7	387		16	72% Vitamin B-12	25% Calcium
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235		16	753% Vitamin A	127% Vitamin C
Meatball Döner Kebab	890	29	41	105	9	1820	30	30	38% Vitamin C	50% Vitamin B12
(use 1/2 the tortilla & potatoes, and 3/4 of the dressing)	680		35					23		
Lemon Chicken Milanese	585	61	17	47	4	743		14	32% Vitamin	13% Folate
Tarragon Butter Steak with Orzo Pilaf	740	38	40	56 CC 36	13	390	22	27	45% Vitamin A	15% Calcium
(use 1/2 the orzo and no butter, & 2/3 butter in sauce)	630		84					22		
Sesame Ginger Salmon	700	47	40	48	8	478		13	263% Vitamin C	23% Vitamin B-6
(half the walnuts)	589		29					10		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
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		
Rotini with Basil Oil & Pecorino	400	19	6	72	16	218		11	190% Vitamin C	14% Calcium
Ultimate Greek Skillet	600	31	35	44 CC 28	6	1510			35% Vitamin A	43% Calcium
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 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)	
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.

Coconut & Almond Shrimp

Coconut fans rejoice. We're sautéing shrimp and bok choy with a creamy, citrusy coconut sauce, then serving it topped with toasted coconut and almonds. Paired with red and brown rice, it's an easy tropical dinner you'll love.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Red & Brown Rice
Shrimp
Bok Choy & Arugula
Citrus Coconut Sauce
Toasted Almonds &
Coconut

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of rice, reducing the **carbs per serving to 22g**. Skip steps 1 and 2. Prior to step 3 heat 1 Tbsp olive oil in a large skillet and sauté the cauliflower until brown. Remove from the skillet and wipe it out before cooking the shrimp. Use in place of the rice.

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

Health snapshot per serving – 500 Calories, 24g Fat, 57g Carbs, 23g Protein, and 17 Freestyle Points.

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

INGREDIENTS: Shrimp, Bok Choy, Coconut Milk, Arugula, Brown Rice, Red Rice, Mango, Orange, Almonds, Coconut, Passion Fruit, Cilantro, Yellow Curry Powder.


meez *meals*

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Red & Brown Rice** to the boiling water with a pinch of salt. Cook until tender, about 20 to 25 minutes. Remove from the heat and drain well. Return the rice to the saucepan, fluff with a fork, cover and set aside.

3. Cook the Shrimp

After the rice has been cooking for about 10 minutes, heat 1 Tbsp of olive oil in a large skillet over medium-high heat. Pat dry the **Shrimp** and season with salt and pepper. When the oil is hot, add the shrimp in a single layer. Cook until opaque and flip, about 1 minute each side. Remove the shrimp and set aside. Wipe out the skillet.

4. Sauté the Vegetables

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Bok Choy & Arugula** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the bok choy starts to char, about 3 to 4 minutes. Add the **Citrus Coconut Sauce**, mix well and cook until warm, about 1 to 2 additional minutes. Turn off the heat and return the cooked shrimp to the skillet. Mix well.

5. Put It All Together

Serve the rice topped with the shrimp, veggies and sauce. Drizzle the remaining sauce from the skillet over top. Sprinkle the entire dish with the **Toasted Coconut & Almonds**. Enjoy!

Instructions for two servings.

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

Bistro Steak with Pesto Penne

An Italian classic. We're tossing sirloin steak with a creamy basil pesto. With sautéed spinach, mushrooms and penne pasta, it's a meal we can't stop eating.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Penne Pasta
Basil Pesto Cream
Mushrooms
Sirloin
Spinach
Parmesan

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the pasta, reducing the **carbs per serving to 19g**. Skip step 1. Prior to step 2., heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini and cook until it starts to brown, about 2 to 3 minutes. Transfer the zucchini "noodles" to a mixing bowl and combine with half of the Basil Pesto Cream. Serve instead of the pasta in step 6.

Picky Eater Tip – The mushrooms are packaged separately, so you can serve them just to the diners who love them.

Good To Know

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

Health snapshot per serving – 555 Calories, 45g Protein, 25g Fat, 40g Carbs, 16 Smart Points

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

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YouTube cooking video**



INGREDIENTS: Sirloin Steak, Spinach, Cremini Mushrooms, Penne Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

meez meals

1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Penne Pasta** to the boiling water and cook until al dente, about 12 to 14 minutes. Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

3. Brown the Mushrooms

While the pasta is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Mushrooms** and cook, stirring occasionally, until golden brown, about 3 to 5 minutes. Remove the mushrooms to a bowl.

4. Cook the Steaks

Return the now-empty skillet to the stove with 1 tsp oil over high heat. While the skillet is heating, pat the **Sirloin** 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 sirloin. 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.

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. Cook the Spinach

Return the skillet to the stove over medium heat. Add the **Spinach** and cook until lightly wilted, about 2 minutes.

6. Put It All Together

Serve the pasta topped with spinach, mushrooms and sliced steak. Sprinkle the **Parmesan** over the top and drizzle with extra pesto cream to taste.

To test if the skillet 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.

Beef 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

Sweet Potato, Kale & Rice Bowl with Peanut Sauce

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

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 on top of the rice bowl 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 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

Chef's Note -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 570 Calories, 28g Protein 11g Fiber,
16 Smart Points

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INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

meez *meals*

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.

3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

4. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

If you prefer softer kale, cook it for a few extra minutes.

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

We found 2 to 4 Tbsp water is just right.

Instructions for two servings.

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

Meatball Döner Kebab

A delightful fusion of flavors. Turkish glazed meatballs, roasted potatoes, crisp veggies, and Garlic Crema wrapped in a spinach tortilla. This culinary creation is a symphony of taste that will leave you craving for more.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bow
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Garlic Crema
Potatoes
Spinach Tortillas
Veggie Mix
Meatballs
Turkish Glaze

Good to Know

Health snapshot per serving – 890 Calories, 41g Fat, 29g Protein, 105g Carbs, 30 Freestyle Points

Lightened-Up Health snapshot per serving – 680 Calories, 35g Fat, 73g Carbs, and 23 Freestyle Points using half of the tortilla, half of the potatoes, and $\frac{3}{4}$ of the dressing.

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: Meatball, Spinach Tortilla, Red Potato, Ketchup, Sour Cream, Red Cabbage, Tomato, Cucumber, Red Onion, Mayonnaise, Worcestershire, Brown Sugar, Cilantro, Lemon, Garlic, Curry Powder, Paprika, Coriander, Allspice, Cinnamon

meez*meals*

1. Mix the Veggies and Garlic Crema

Remove 3 Tbsp of the **Garlic Crema** (white sauce) and set aside in a small bowl until step 3. Combine the rest of the garlic crema with the **Veggie Mix** in a mixing bowl and set aside.

2. Roast the Potatoes

Slice the **Potatoes** in half lengthwise and then cut each half into ½' wedges, about 8 to 10 per potato. Heat 1½ Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the sliced potatoes with a sprinkle of salt and pepper. Cook the potatoes, stirring frequently, until they are golden brown on all sides and fork tender, about 12 to 14 minutes.

Layer the **Spinach Tortillas** out on a flat surface. Arrange the potatoes in the center of each tortilla, leaving a couple inches on all sides. Do not wipe out the skillet.

3. Cook the Meatballs

Return the now-empty skillet to the stove over medium heat. Add the **Meatballs** and the garlic crema set aside in step 1. Cook, stirring occasionally, until the crema forms a charred coating on the meatballs, about 3 to 4 minutes. Add the **Turkish Glaze** and cook until the meatballs are well coated and the sauce is hot, about 1 to 2 minutes. Layer the coated meatballs on top of the potatoes in the center of each tortilla. Wipe out the skillet.

4. Assemble the Wraps

Add the garlic crema veggies from step 1 on top of the meatballs. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the wrap away from your body, keeping the left and right flaps underneath using the weight of the wrap to keep it closed. Press down gently on the top to hold everything in place. Repeat for each tortilla.

5. Finish the Kebabs

Place each wrapped kebab, seam side down, in the empty skillet over high heat. Cook until the tortilla starts to char, about 1 to 2 minutes per side. Cut each kebab in half and enjoy!

*Stirring
frequently
and cooking
over a lower
heat allows
the potatoes
to cook
through
without
burning.*

Instructions for two servings.

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

Lemon Chicken Milanese

You know that crispy breadcrumb coating that makes chicken so delicious? We're cooking it up at home this week and serving it over rotini. With capers, lemon and pecorino romano, it's classic Italian at its best. Served with a simple Arcadian Lettuce salad. Heaven.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Large Mixing Bowl
Meat mallet (or small pot)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp/svg.)

6 MEEZ CONTAINERS

Chicken Breast
Panko Breading
Tri-Color Rotini
Garlic & Herbs
Arcadian Lettuce
Lemon

Make The Meal Your Own

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

Be sure to generously season your chicken with salt and pepper before cooking. We recommend using ¼ tsp of each.

Health snapshot per serving – 585 Calories, 17g Fat, 61g Protein, 47g Carbs, 14 Smart Points

Have questions? The dinner hotline is standing

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to view YouTube
cooking video**



25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

INGREDIENTS: Cage-Free Chicken, Tri-Color Rotini, Arcadian Lettuce, Panko Breadcrumbs, Capers, Lemon, Garlic, Pecorino, Romano, Basil, Parsley, Black Pepper, Kosher Salt, Oregano, Onion, Paprika

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Prep the Chicken

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 **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.

3. Cook the Pasta

When the water is boiling, generously salt and add **Tri-Color Rotini**. Cook till al dente, 8 to 10 minutes. Drain well and set aside. Don't clean the pot – you'll use it in step 5.

4. Cook the Chicken

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Remove from heat and set aside to rest for 5 minutes.

5. Finish the Pasta and Sauce

Melt 2 Tbsp butter in the same pot you cooked the pasta, over low heat. Turn the heat off and add 2 Tbsp olive oil and HALF the **Garlic & Herbs**. Mix well. Spread about 2 Tbsp of the mixture on top of the cooked chicken breasts. Add the remaining garlic & herbs to the pot along with the cooked pasta and mix everything together thoroughly.

6. Prepare Salad and Serve

Put the **Arcadian Lettuce** in a large mixing bowl and cut the lemon in half. Add a little olive oil, salt, pepper, and a squeeze of **Lemon** and toss.

Serve the chicken over the pasta, accompanied by the salad. Squeeze lemon over the entire dish.

*Just use enough
water to cover
the pasta*

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

Instructions for two servings.

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

Tarragon Butter Steak with Orzo Pilaf

The right sauce transforms an ordinary meal into an extraordinary one. This week, our tarragon butter brings a pop of flavor to the bistro chateau steak we just love. Paired with a creamy white sauce and orzo pilaf, it's a speed dinner that's upscale and approachable.

25 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Orzo Pasta
Pilaf Vegetables
Tarragon Butter
Steak
Beurre Blanc Sauce

Good to Know

If you ordered the **Carb Conscious version** we sent you cauliflower "rice" instead of the orzo, reducing the **carbs per serving to 36g**. Add the cauliflower along with the vegetables and cook together in step 4.

If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions in step 2 but cook the rice for 15 to 20 minutes.

Health snapshot per serving – 740 Calories, 38g Protein, 40g Fat, 56g Carbs, and 27 Freestyle Points.

Lightened-up health snapshot per serving – 630 Calories, 34g Fat, 44g Carbs, 22 Freestyle Points, by using half of the butter called for in Beurre Blanc Sauce and eliminating the step to add any butter to the orzo in step 4.

INGREDIENTS: Steak, Cream, Orzo, Onion, Celery, Butternut Squash, Butter, Golden Raisins, White Wine, Garlic, Cilantro, Green Onion, Brown Sugar, Lemon Zest, Vegetable Stock, Dijon Mustard, Tarragon, Cinnamon

meez meals

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Orzo

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Drain well and set aside.

3. Cook the Steak

While the orzo is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. Pat the **Steak** dry with a paper towel and season generously with salt and pepper. When the oil is very hot, add the steaks. Cook until the bottoms brown and 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 minutes then slice into strips. Wipe out the skillet.

4. Cook the Vegetables

While the steaks are resting, heat 1 Tbsp olive oil in the now-empty orzo saucepan. When the oil is hot, add the **Pilaf Vegetables** and cook until the onions are browning and the butternut squash is tender, about 6 to 7 minutes. Add ¼ of the **Tarragon Butter** and the cooked orzo and stir until the butter is melted. Cover and set aside.

5. Create the Sauce

Heat the remaining tarragon butter in the now-empty steak skillet over medium-high heat until it melts. Add the **Beurre Blanc Sauce** and bring to a low boil. Reduce the heat to medium and simmer, stirring frequently, until the sauce has thickened enough to coat the back of a spoon, about 3 minutes.

6. Put It All Together

Serve the steak on top of the orzo and vegetables and drizzle the Beurre Blanc Sauce over top. Enjoy!

Instructions for two servings.

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

Sesame Ginger Salmon

A super-simple dish we just love. It all starts with a sesame and ginger glaze that gives an Asian flair to salmon and roasted broccoli. Served over brown rice and topped with honey-glazed walnuts, it's a hands-free dinner you'll go crazy for.

40 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Sauce Pan
Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Brown Rice
Broccoli Florets
Salmon
Sesame Glaze
Green Onion & Sesame
Walnuts

Make The Meal Your Own

If you ordered the carb conscious version, you received cauliflower instead of the rice, reducing the **carbs per serving to 38g**. In step 3 cook the cauliflower just like the broccoli (you may need a second baking sheet). Place the cauliflower directly on serving plates along with the broccoli.

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 – 760 Calories, 30g Fat, 85g Carbs, 43g Protein and 18 Freestyle Points.

Lighten Up snapshot per serving – 660 Calories, 23g Fat, and 14 Freestyle Points with half the walnuts.

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

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INGREDIENTS: Brown Rice, Salmon, Broccoli, Honey, Sesame Oil, Tamari, Ginger Puree, Green Onions, White Sesame Seeds, Black Sesame Seeds, Walnuts

meez meals

1. Getting Organized

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

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until tender, about 25 to 30 minutes. Drain the rice, fluff with fork and cover and let it steam for a few minutes before serving.

We cook our rice like pasta so cover the rice with plenty of water.

2. Marinating the Salmon

While the rice is cooking, pat the **Salmon** fillets dry with a paper towel and place in a shallow dish or bowl. Take about 1/3 of the **Sesame Glaze** and cover the salmon. Let marinate for 5 minutes.

We put the opened glaze bag in a glass, so it stays upright until needed.

3. Preparing the Broccoli, Walnuts, and Salmon

When the salmon has marinated for 5 minutes, place it in the center of a baking sheet. In a separate bowl toss the **Broccoli** with 1 tablespoon olive oil, salt and pepper and place it on the baking sheet to the left of the salmon.

Spoon 1 tablespoon of **Sesame Glaze** into the container with the **Walnuts** and mix thoroughly so walnuts are well coated. Place coated walnuts to the right of the salmon. Bake in the oven for 10 minutes, pull the baking sheet from oven. Remove just the walnuts and place them in the bowl you used for the broccoli and set aside.

Check on the walnuts very couple minutes to ensure they don't burn.

Spoon additional glaze on the salmon to cover the top. Turn the oven to broil setting and move baking sheet to top rack. Continue to cook the **Broccoli** and **Salmon** until they have a nice crispy exterior, about 3 to 5 minutes.

It is important to watch the salmon and broccoli while broiling so they don't burn.

4. Putting It All Together

Put the brown rice on a plate, top with broccoli and then the salmon. Drizzle the remaining sesame glaze. Garnish with the glazed walnuts and **Green Onions & Sesame** and enjoy!

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.

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

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

40 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

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.

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

Rotini with Basil Oil & Pecorino

So simple, so delicious. We're sautéing broccoli and cauliflower together with fresh grape tomatoes, then tossing it together with a fresh basil oil and pecorino cheese. Topped with marinated butter beans, it's a tribute to the Mediterranean the whole family will love.

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Bowl

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Rotini
Pecorino
Cheese
Grape
Tomatoes
Broccoli &
Cauliflower
Cannellini Bean
Marinade

Add Protein Cooking 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 combine with everything 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 for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

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

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

Good To Know

If you're making the gluten-free version, we've given you gluten-free pasta.

If you're making the vegan version, we've left out the cheese.
Add an extra pinch of salt and pepper for extra seasoning.

Health snapshot per serving –400 Calories, 19g Protein, 6g Fat, 72g Carbs, 16 g Fiber, 11 Smart Points.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

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



INGREDIENTS: Cannellini Beans, Cauliflower, Broccoli, Rotini, Pecorino Cheese, Grape Tomatoes, Basil, Garlic

meez meals

1. Get Organized

Put a saucepan of water on to boil.

2. Marinate the Beans

Put the **Cannellini Bean Marinade** into a bowl and cover with olive oil. You could use as little as a ¼ cup as much as ¾ cup. Let sit on the counter for at least 20 minutes.

The amount of oil is up to you. The marinade has great flavor, so you could use extra oil and save for another meal.

3. Cook the Veggies

Heat 3 Tbsp olive oil in a large skillet over medium high heat. Add the **Broccoli & Cauliflower**, and cook until lightly golden brown at the edges, about 7 to 10 minutes, stirring frequently.

Add the **Grape Tomatoes** and cook until the skin bursts and the edges turn golden brown, about 5 to 7 minutes.

4. Cook the Rotini

Once the veggies are cooking, get the pasta going. Salt the boiling water, then add the **Rotini**. Cook until al dente, about 10 to 12 minutes, then drain.

Salt your water generously!

5. Put It All Together

Add the cooked rotini to the veggies and mix well. Add the marinated beans – but reserve the oil. Toss again, then add salt and pepper to taste. Serve topped with the **Pecorino Cheese** and as much of the marinade oil as you'd like. Enjoy!

Instructions for two servings.

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

Ultimate Greek Skillet

If you think eggs are just for breakfast, think again. We're mixing up a skillet dinner of hash browns, eggs, asparagus, zucchini, and tomatoes that's fresh and delicious. A generous dose of feta and cucumber dill dressing give it a Greek flair that we love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Large Skillets
(one with a Lid)

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Hash Brown
Potatoes
Feta &
Mozzarella
Asparagus
Zucchini, Tomato
& Onion
Egg Mix
Cucumber Dill
Aioli

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 eggs 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

If you ordered the **Carb Conscious version**, we sent you summer squash instead of the potatoes reducing the **carbs per serving to 28g**. Skip step 1 and prior to step 2, heat 1½ Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the summer squash and sauté until it starts to brown, about 2 to 3 minutes. Top with half the Feta & Mozzarella and cover until step 4.

Health snapshot per serving – 600 Calories,
31g Protein, 35g Fat, 15 Freestyle Point.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Egg, Hash Brown Potatoes, Asparagus, Zucchini, Onion, Tomato, Cucumber, Feta, Mozzarella, Mayonnaise, Dill, Oregano, Lemon Pepper, White Pepper, Kosher Salt, Lemon.

meez meals

1. Cook the Hash Browns

Pat dry the **Hash Brown Potatoes** with a paper towel removing as much moisture as possible. Heat 2 Tbsp of olive oil in a large skillet over medium high heat. When the oil is very hot, add the hash browns to the skillet in a single layer with a sprinkle of salt and pepper. Cook undisturbed until the bottom is a deep golden brown and crispy, about 6 to 8 minutes. Flip the hash browns over and cover with half the **Feta & Mozzarella** on top of the potatoes. Cook undisturbed until the cheese melts and hash browns are crisp, an additional 6 to 8 minutes. Remove from the heat and cover.

2. Sear the Asparagus

While the potatoes are cooking, heat 1 Tbsp olive oil in a second large skillet over medium high heat. When the oil is hot, add the **Asparagus** and cook until bright green and starting to char, about 2 to 3 minutes. Remove the asparagus and set aside. Do not wipe out the pan.

3. Cook the Zucchini, Tomato & Onion and Eggs Mix

Add the **Zucchini, Tomato & Onion** to the now-empty skillet over medium high heat and sauté until the onions soften, about 4 minutes.

Lower the heat to medium and add the **Egg Mix**. When the eggs starts to set, break them up as you would scrambled eggs, stirring the zucchini, tomatoes & onions into the eggs until they are fully cooked, about 4 to 5 minutes. Turn off the heat and mix in the seared asparagus.

4. Put It All Together

Use a spatula to transfer the potatoes and cheese to serving plates and top with the eggs and veggies. Sprinkle with the remaining Feta & Mozzarella and drizzle with the **Cucumber Dill Aioli**. Enjoy!

Instructions for two servings.

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

Vegetarian Cobb Salad

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
2 Eggs

5 MEEZ CONTAINERS

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

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

Good to Know

Health Snapshot per serving (serves 1)

280 Calories, 18g Fat, 17g Protein, 6
Freestyle Points

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

meezmeals

1. Hard-boil the Eggs

Place 2 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 1 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.

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!

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