

*Spicy Szechuan
Green Bean and Tofu*

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp of olive oil in a large skillet.

From Your Pantry

You'll need olive oil, salt and pepper.

Cheesy Tomatillo Casserole

35 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Omnivore Option

Chorizo tastes great with this recipe.

Getting Started

Preheat your oven to 450.

Quick Tips



Lemon Chicken Souvlaki

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil, salt and pepper

Getting Started

Bring a large saucepan of water to boil.

Bistro Steak with Pesto Penne

20 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

Meal Tip

Cook up to 2 days in advance for an easy dinner or lunch.

*Pomegranate-Glazed Chicken
with Cheesy Smashed Potatoes*

30 Min
to Table

30 Min
Hands
On

1 Whisk
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Tomato Basil Shrimp Scampi

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a large saucepan of water on to boil.
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From Your Pantry	You'll need olive oil, butter, salt and pepper
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Maple-Miso-Glazed Tilapia with Roasted Carrots

35 Min to Table	20 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, salt & pepper
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Mozambican Yellow CurryRice Bowl

35 Min to Table	20 Min Hands On	1 Whisk Super Easy
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From Your Pantry	You'll need olive oil, salt and pepper.
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Getting Started	Preheat your oven to 400 and put a pot of water on to boil.
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Sesame Ginger Salmon

40 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your 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
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Meal Tip	Add as much or as little glaze as you like to get it just the way you like it.
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BBQ Pulled Porkon Brioche

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Assemble the slaw and refrigerate.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Vegetarian Cobb Salad

25 Min to Table	25 Min Hands On	1 Whisk 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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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Maple-Miso-Glazed Tilapia with Roasted Carrots	540	42	19	54	8	450	37	12	150% Vitamin A	80% Vitamin K
Cheesy Tomatillo Casserole	330	13	6	60	13	281		10	14% Zinc	20% Iron
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes	775	74	22	63 CC 32	3	752	20	18	73% Vitamin C	34% Calcium
(use 1/2 the potatoes, cheese and sour cream)	605		15					12		
Spicy Szechuan Green Beans and Tofu	295	24	10	32	12	460	6	2	62% Vitamin C	66% Calcium
Tomato Basil Shrimp Scampi	500	37	11	66 CC18	6	220	8	11	46% Vitamin C	23% Vitamin B6
BBQ Pulled Pork on Brioche	830	32	31	110	6	1400	66	31	200% VitamonC	50% Vitamin B6
(use 3/4 BBQ sauce and open face)	640		24					23		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Lemon Chicken Souvlaki	560	50	18	51 CC 40	4	1010	25	11	190% Vitamin C	40% Vitamin A
Bistro Steak with Pesto Penne	555	45	25	40	7	387		16	72% Vitamin B-12	25% Calcium
Sesame Ginger Salmon	700	47	40	48	8	478	x	13	263% Vitamin C	23% Vitamin B-6
(half the walnuts)	589		29					10		
Mozambican Yellow Curry Rice Bowl	660	15	23	103	11	570	26	22	131% Vitamin C	52% Vitamin B6
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
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
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.

Maple-Miso-Glazed Tilapia with Roasted Carrots

This dish pairs caramelized sweetness with deep savory flavor in one of our favorite sauce combinations. Tilapia is coated in a rich maple-miso glaze with ginger and garlic, while roasted carrots and fresh greens bring brightness and balance to the plate. Finished with glazed pecans and bright lemon, it's comforting, vibrant, and full of texture.

35 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Mixing Bowls

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Carrots
Maple-Miso-Glaze
Lemon
Tilapia
Toasted Pecans
Mixed Greens

Good to Know

Health snapshot per serving – 540 Calories, 19g Fat, 54g Carbs, 42g Protein, and 12 Freestyle Points.

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

INGREDIENTS: Tilapia, Carrot, Maple Syrup, Lettuce Blend, Pecans, Arugula, Apple Cider Vinegar, Garlic, Miso, Ginger, Dijon Mustard, Paprika, White Pepper, Thyme, Lemon.

meez ^{meals}

1. Get Organized

Preheat the oven to 425.

2. Roast the Carrots and Create the Side Salad

Combine the **Carrots**, 2 Tbsp of the **Maple-Miso Glaze**, and 1 Tbsp olive oil in a mixing bowl and toss. Arrange the glazed carrots in a single layer on a baking sheet lined with parchment paper or brushed with oil. Bake until golden brown and fork tender, about 25 to 30 minutes. Rinse out the mixing bowl.

While the carrots are roasting, slice the **Lemon** in half and squeeze 1 Tbsp of juice into the now-empty mixing bowl, along with 1 Tbsp olive oil, and a sprinkle of salt and pepper. Stir until combined. Add the Mixed Greens to the bowl and toss. Refrigerate until step 4.

3. Cook the Tilapia

Once the carrots have been cooking for 15 minutes, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Tilapia**. When the oil is hot, add the tilapia and cook until the edges start to brown, about 3 minutes. Flip the fish. Add the remainder of the maple glaze to the skillet and cook for an additional 3 to 4 minutes, spooning the glaze over top of the fish frequently as it cooks. Remove from the heat and add the **Toasted Pecans** to the skillet. Stir the pecans into the glaze until they are well coated.

4. Put It All Together

Serve the tilapia topped with the glazed pecans and alongside the roasted glazed carrots and side salad. Finish the tilapia with a squeeze of lemon and enjoy!

The glaze may start to caramelize on the baking sheet so use parchment paper or soak immediately after use.

Instructions for two servings.

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

Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious - that's our kind of dinner!

35 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Loaf Pan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn Tortillas
Poblano Peppers
Corn & Beans
Creamy Tomatillo Salsa
Pepper Jack Cheese

Add Protein Cooking Instructions

Integrate into recipe: Prior to Step 3, cook the protine (per instructions below) and then slice into strips (cut shrimp in half/flake the salmon) and layer into the casserole before baking.

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 – 330 Calories, 13g Protein, 13g Fiber, 10 Smart Points.

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to view YouTube
cooking video**



INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

meez meals

1. Getting Organized

Preheat your oven to 450.

2. Bake the Corn Tortillas

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes.

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook until hot, about 2 minutes. Season with salt and pepper and set aside.

4. Assemble the Casserole

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your pan, breaking them into pieces to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

Use an 8x10 or similar sized casserole dish.

Add 1 more tortilla (break it up a bit so it resembles large chips) and the rest of the vegetables and salsa. Break the remaining tortilla into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, cook under the broiler for an additional 5 minutes until the top is golden brown. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

Think classic American dinner taken to the next level. With Cheesy Sour Cream Smashed Potatoes that are even more delicious than you can imagine, sautéed asparagus & green beans and seared chicken breast glazed with a sweet and savory pomegranate basil sauce, it's a family friendly dinner that's on the table in just thirty minutes.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Cheesy Sour Cream
Asparagus & Green Beans
Chicken Breast
Pomegranate Glaze
Basil Oil

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 40g**. In Step 1, spread the cauliflower on a baking sheet and drizzle with olive oil salt and pepper. Bake until the cauliflower starts to brown and is fork tender, about 12 to 15 minutes. Transfer to serving plate and top with cheesy sour cream.

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 – 760 Calories, 58g Protein, 33g Fat, 57g Carbs, and 21 Freestyle Points.

Lightened-Up Health snapshot per serving – 590 Calories, 22g Fat, 44g Carbs, and 15 Freestyle Points using half the potatoes and half the cheesy sour cream.

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

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cooking video



INGREDIENTS: Chicken Breast, Red Potatoes, Asparagus, Green Beans, Gouda, White Cheddar, Sour Cream, Chive, Pomegranate, Lime, White Wine, Dijon Mustard, Vegetable Oil, Basil, Black Pepper, Brown Sugar.

meez meals

1. Create the Cheesy Sour Cream Smashed Potatoes

Preheat oven to 425 degrees. Lightly brush or spray a baking sheet with oil.

Cut the **Red Potatoes** in half and place, cut side down, on the baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are soft and brown, about 25 minutes. Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash them right on the baking sheet to about ½" to ¾" tall. Top with the **Cheesy Sour Cream**, then let sit until step 5.

2. Cook the Veggies

While the potatoes are baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asparagus & Green Beans** and sprinkle lightly with salt and pepper. Cook, stirring occasionally, until it is bright green and starts to brown, about 5 to 6 minutes. Transfer directly to serving plates. Wipe out the pan.

3. Cook the Chicken

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium-high heat. When the oil is very hot, add the **Chicken Breasts** and cook until crisp and brown, about 4 to 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Transfer to the serving plates alongside the asparagus & green beans.

4. Make the Glaze

Return the now-empty skillet to the stove over high heat and add the **Pomegranate Glaze** and bring to a boil. Cook for 5 minutes, stirring occasionally to keep from burning, until it thickens enough to coat the back of a spoon. Turn off the heat and let the glaze sit in the pan for a minute. Add 2 Tbsp of the **Basil Oil** and stir continuously for another minute.

5. Put It All Together

Drizzle the glaze to completely cover the chicken and serve with the Cheesy Sour Cream Smashed Potatoes and asparagus and green beans on the side. Enjoy!

It is important to smash and top the potatoes while they are very hot right out of the oven so the cheese can melt.

Instructions for two servings.

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

Spicy Szechuan Green Beans and Tofu

A super fresh, super delicious stir fry that's on the table in just fifteen minutes. With seared tofu, charred green beans, zucchini, cabbage and mushrooms tossed in our Szechuan sauce, it's a magical dinner we just can't get enough of.

15 Minutes to the Table

15 Minutes Hands On

1 Whisks *Super Easy*

Getting

Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

6 MEEZ

CONTAINERS

Tofu

Mushrooms

Zucchini &

Cabbage

Szechuan

Sauce

Green Beans

Green Onions

Add Protein Cooking Instructions

Integrate into recipe: cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole). Stir into the sauce and veggies at the end of Step 2.

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 – 295 Calories, 28g Protein, 32g Carbs, 10g Fat, 2 Freestyle Points.

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YouTube

cooking video



INGREDIENTS: Green Beans, Mushrooms, Tofu, Zucchini, Cabbage, Green Onions, Tamari, Rice Wine Vinegar, Tomato, Garlic, Ginger, Sambal, Crushed Red Pepper, Sesame Oil, Brown Sugar.

meez *meals*

1. Sear the Tofu

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Tofu** in a single layer and cook, undisturbed until crisp and golden brown, about 2 minutes. Flip and sear the other side until also crisp and golden brown, about 1 more minute. Remove the tofu from the pan and set aside. Do not wipe out the pan.

2. Cook the Veggies

Add the **Mushrooms** to the now-empty skillet over high heat and sauté until tender and all the liquid evaporates, about 3 minutes.

Add the **Zucchini & Cabbage** and stir continuously until they become slightly tender, about 1 minute.

Push the veggies to the outer edge of the skillet, making a well in the center and pour in the **Szechuan Sauce**. As soon as it starts to boil, add in the cooked tofu and mix until everything is coated in sauce. Transfer to the serving plates.

3. Char the Green Beans

Wipe out the now-empty skillet and return to the stove with 1 Tbsp olive oil over high heat. When the oil is very hot, add the Green Beans and stir to coat in the oil. Sprinkle with salt and pepper and arrange in a single layer in the pan. Cook, undisturbed until they start to blister, about 2 minutes. Stir the green beans and cook until they start to soften slightly, another 2 minutes.

When you see the oil steaming it is hot enough to char the green beans.

4. Put It All Together

Serve the charred green beans over the veggies and tofu and sprinkle with the **Green Onions**. Enjoy!

Instructions for two servings.

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

Tomato Basil Shrimp Scampi

Linguini and shrimp are a match made in Italian heaven, and we're serving them up this week with a buttery, garlicky basil sauce that's pure magic. Tossed with sautéed tomatoes, fresh arugula, and a lemon-oil drizzle, it's a speedy dinner that an Italian grandma would be proud to serve.

15 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
Butter (3 Tbsp)

6 MEEZ CONTAINERS

Linguine
Shrimp
Grape Tomatoes
Garlic, Onion & Herbs
Arugula
Lemon

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of the pasta, reducing the **carbs per serving to 18g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

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, 11g Fat, 37g Protein, 66g Carbs, 11 Freestyle Points.

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

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INGREDIENTS: Shrimp, Tomato, Arugula, Onion, Linguine, Garlic, Lemon, Basil, Tarragon.

meez meals

1. **Get Organized**

Bring a large Saucepan of water to boil over high heat.

2. **Cook the Pasta**

Add the **Linguine** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 4.

3. **Cook The Shrimp**

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and pat dry the **Shrimp**. When the oil is hot, add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board and cut each shrimp in half. Do not wipe out the skillet.

4. **Cook the Veggies and Sauce**

Return the now-empty skillet to the stove over high heat and add the **Grape Tomatoes**. Cook until they start to blister, about 5 to 6 minutes. Reduce the heat to medium and add the **Garlic, Onion & Herbs**, 3 Tbsp of butter, and a generous sprinkle of salt and pepper.

Sauté until the onions soften, about 4 to 5 minutes. Add the **Arugula**, cooked shrimp, and linguine to the skillet and stir until arugula has wilted, about a minute. Transfer directly to serving bowls.

5. **Prepare the Lemon-Oil Drizzle and Serve**

While the tomatoes are cooking, cut the **Lemon** in half and squeeze as much juice as possible into a small bowl. Eyeball how much juice you produced, then add about twice as much olive oil to the same bowl and whisk thoroughly.

Drizzle the lemon-oil over the entire dish and enjoy!

Instructions for two servings.

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

BBQ Pulled Pork on Brioche

The name says it all in this one. Tender, smoky, pulled pork smothered in our delicious BBQ sauce, topped with tangy & sweet brussels sprouts slaw, and resting inside the softest brioche roll we could find. With sautéed veggies on the side, it's the flavors of a down home barbeque, cooked up Meez style!

20 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Brussels Sprout Slaw
- Slaw Dressing
- Corn & Peppers
- Pulled Pork
- Brioche
- BBQ Sauce

Good to Know

Health snapshot per serving – 830 Calories, 32g Protein, 31g Fat, 110g Carbs, 31 Freestyle Points

Lighten Up snapshot per serving – 640 Calories, 24g Fat, 82g Carbs, 23 Freestyle Points, served open face and $\frac{1}{4}$ of the BBQ Sauce.

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

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INGREDIENTS: Pulled Pork, Brioche, BBQ Sauce, Brussels Sprouts, Corn, Red Bell Peppers, Green Bell Peppers, Brussels Sprouts, Carrots, Green Onion, Red Onion, Mayo, White Wine Vinegar, Lemon, Garlic, Brown Sugar, Ground Black Pepper.

meezmeals

1. Assemble the Slaw

Combine the **Brussels Sprouts Slaw** and the **Slaw Dressing** (white liquid) with 1 Tbsp olive oil in a mixing bowl. Stir thoroughly, cover and place in the refrigerator until Step 5.

2. Cook the Veggies

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Corn & Peppers** along with a generous pinch of salt and pepper, and cook until the corn turns golden brown and the veggies start to char, about 6 to 8 minutes. Remove from the heat and transfer to serving plates. Wipe out the skillet.

3. Toast the Brioche Rolls

Return the now-empty skillet to the stove over medium heat. Lightly brush the inside of both halves of the **Brioche** and place, olive oil side down, in the skillet. Toast until it turns golden brown. Repeat for each roll.

4. Heat the Pulled Pork

Return the skillet to the stove over medium heat. Add the **Pulled Pork** and stir until it is hot, about 3 minutes. Turn off the heat and stir in the **BBQ Sauce**.

5. Put It All Together

Add a heaping portion of BBQ pork to each brioche bun. Place the Brussels sprouts slaw on top the BBQ pork and cover with the top half of the brioche roll. Serve alongside the sautéed veggies and enjoy!

The pulled pork is fully cooked. This step is to warm it and add a slight caramelization for flavor.

WARNING: This meal will be messy. No one will judge you if you want to eat it with a fork and knife

Instructions for two servings.

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

Lemon Chicken Souvlaki

We adore the flavors of a classic souvlaki, but on a busy weeknight, marinating the meat and loading up skewers is more work than we want. Ours is a streamlined version with lemony chicken served with a flavorful rice pilaf and cooling roasted red pepper tzatziki sauce. It is just as flavorful but without the fuss.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Basmati Rice
Garlic, Onions & Raisins
Chicken Breast
Peppers & Onions
Lemon Marinade
Roasted Red Pepper Tzatziki

Good To Know

Health snapshot per serving – 560 Calories, 50g Protein, 18g Fat, 51g Carbs, 11 Freestyle Points

If you ordered the **Carb Conscious** version, we sent you cauliflower “rice” instead of the basmati rice, reducing the calories to 500 and the **Carbs to 40g** per serving. Skip step 1 and cook the cauliflower rice with the other veggies in step 2 for 4 to 5 minutes.

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**



25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Chicken Breast, Basmati Rice, Greek Yogurt, Red Pepper, Green Pepper, Red Onion, Yellow Onion, Golden Raisins, Mayonnaise, Cucumber, Roasted Red Pepper, Cream, Ginger, Chicken Stock, Lemon, Garlic, Dill, Lemon Pepper, Kosher Salt, Cinnamon, Clove, Turmeric

meezmeals

1. Get Started

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Basmati Rice** to the boiling water and reduce the heat to medium. Simmer, uncovered, until the rice is tender, about 15 to 20 minutes. Drain well and set aside in the colander.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium high heat. When the oil is hot, add the **Garlic, Onions & Raisins** and sauté until the onions soften, about 2 to 3 minutes. Add the drained rice and mix well, then cover and set aside.

3. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp of olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Transfer the chicken to a cutting board. Let rest for 5 minutes, then slice into ½" strips. Do not wipe out the skillet.

4. Cook the Peppers & Onions

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Peppers & Onions** and sprinkle with salt and pepper. Cook until the vegetables start to char, about 3 to 4 minutes. Remove the veggies from the skillet and add to the saucepan with the seasoned rice. Mix well.

Add the **Lemon Marinade** to the now-empty skillet over medium-high heat and cook until clear and starting to brown, about 3 to 4 minutes. Turn off the heat and return the sliced chicken to the skillet. Mix well.

5. Put it All Together

Serve the chicken over the rice and vegetables and finish with some generous dollops of the **Roasted Red Pepper Tzatziki**. 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 14g**. 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 – 650 Calories, 51g Protein, 23g Fat, 57g Carbs, 17 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

meezmeals

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.

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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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cooking video**



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

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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.

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!

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

Mozambican Yellow Curry Rice Bowl

A simple curry that's packed with flavor. We're mixing roasted broccoli and toasted chickpeas with a mellow southern African yellow curry that's perfect with hearty Himalayan red and brown rice.

35 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Himalayan Red &
Brown Rice
African Curry Sauce
Broccoli
Seasoned
Chickpeas
Radish, Tomato &
Cucumber

Add Protein Cooking Instructions

Integrate into recipe: While the vegetables are roasting in step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve with the broccoli and chickpeas over the rice.

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 – 660 Calories, 15g Protein, 23g Fat, 103g Carbs, 22 Freestyle Points.

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to view YouTube
cooking video



INGREDIENTS: Broccoli, Himalayan Red Rice, Brown Rice, Chickpeas, Daikon Radish, Red Radish, Tomato, Persian Cucumber, Coconut Milk, Mae Ploy, Golden Raisins, Vegetable Stock, Yellow Curry Powder, Garlic, Ginger, Cilantro, Cumin, Garam Masala.

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1. Get Organized

Bring a large saucepan of water to boil over high heat and preheat your oven to 400.

2. Cook the Rice and Sauce

Add the **Himalayan Red & Brown Rice** to the boiling water with a pinch of salt. Cook, uncovered, until tender, about 25 to 30 minutes. Drain the rice.

3. Warm the Sauce

While the rice is still in the colander, put the **African Curry Sauce** in the now-empty saucepan and bring to a boil. Turn off the heat and stir the drained rice into the sauce, then cover and set aside.

4. Roast the Chickpeas and Broccoli

While the rice is cooking, combine the **Broccoli** and **Seasoned Chickpeas** in a large mixing bowl. Toss with olive oil, salt, and pepper, then arrange in a single layer on a baking sheet. Cook until the broccoli is fork tender and chickpeas are golden brown, about 15 minutes.

5. Put It All Together

Serve the roasted chickpeas and broccoli over the curry rice. Top with the **Radish, Tomato & Cucumber** and enjoy!

It doesn't matter how much water you use in the pot as long as there is enough to keep the rice entirely submerged during cooking.

Instructions for two servings.

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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.

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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.

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