

### *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.

### *Crispy Shrimp Bao Bun*

**20 Min**  
to Table

**20 Min**  
Hands  
On

**2 Whisks**  
Easy

#### **Getting Started**

Heat 1 Tbsp. of oil in a large skillet

#### **From Your Pantry**

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

## *Quick Tips*



### *Chicken Francese*

**35 Min**  
to Table

**35 Min**  
Hands  
On

**2 Whisks**  
Easy

#### **Getting Started**

Preheat your oven to 425.

#### **From Your Pantry**

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

### *Gyros Mini Tacos*

**10 Min**  
to Table

**10 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Heat 1½ Tbsp olive oil in a large skillet over medium high heat.

#### **From Your Pantry**

You'll need a little bit of olive oil.

### *Lemon Orzo with Spinach & Halloumi*

**15 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Put a saucepan of water onto boil.

#### **From Your Pantry**

You'll need olive oil, salt & pepper

*Avocado Tilapia Sandwich with  
Jalapeño Slaw*

**20 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started**

Preheat your oven to 400.

**From Your Pantry**

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

*Meez Chicken Caesar Salad*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started**

Preheat oven to 425.

**From Your Pantry**

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

*Thai Sirloin Steak Udon Bowl*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Easy

**Getting Started**

Put a saucepan of water on to boil.

**Meal Tip**

Chopped toasted nuts are a fun addition.

*Loaded Mozzarella and  
Balsamic-Glazed Tomato Quesadilla*

**25 Min**  
to Table

**25 Min**  
Hands  
On

**2 Whisks**  
Easy

**Getting Started**

No pre-work needed.

**Meal Tip**

Use two pans to cook tomatoes and spinach at the same time

*Nut-Crusted Salmon with  
Roasted Zucchini*

**25 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started**

Preheat your oven to 400.

**From Your Pantry**

You'll need olive oil, salt and pepper

*Black Bean &  
Green Chile Enchiladas*

**40 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

**Getting Started**

Preheat your oven to 375.

**From Your Pantry**

You'll need some olive oil, salt and 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)	
Black Bean & Green Chile Enchiladas	640	24	22	87	10	1200	10	19	180% Vitamin C	35% Calcium
Chicken Francese	700	51	39	29	6	600	9	15	194% Vitamin A	107% Vitamin B6
(use 1/2 the herb butter)	560		24					19		
Crispy Shrimp Bao Bun	599	44	18	67	4	786	14	13	101% Vitamin A	134% Vitamin C
Lemon Orzo with Spinach & Halloumi	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
(1/2 the orzo)	590		32					18		
Gyros Mini Tacos	665	55	21	59	9	991	8	17	63% Vitamin C	21% Vitamin A
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18					15		
Spicy Szechuan Green Beans and Tofu	295	24	10	32	12	460	6	2	62% Vitamin C	66% Calcium
Avocado Tilapia Sandwich with Jalapeño Slaw	650	34	24	79	10	2700	24	18	100% Vitamin C	90% Vitamin A

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Thai Sirloin Steak Udon Bowl	730	45	40	55 CC 28	7	1450		21	419% Vitamin C	68% Vitamin B-12
(½ udon, 1/2 sauce)	495		25					14		
Nut-Crusted Salmon with Roasted Zucchini	430	38	26	12	4	74		4	49% Vitamin A	41% Vitamin C
Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla	595	26	31	57	6	772		19	298% Vitamin A	133% Vitamin C
Meez Chicken Caesar Salad										
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)	
Belgian Chocolate Vegan Brownies	760	8	49	78	3	390	52		6% Calcium	6% Iron
Molten Chocolate Cake	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Oreo Mousse Pie	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Kitchen Sink Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Chocolate Chunk Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A

**Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.**

*These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.*

*And, of course, if you have leftovers, the actual numbers will be lower.*

# Black Bean & Green Chile Enchiladas

**40** *Minutes to the Table*

**25** *Minutes Hands On*

**2 Whisks** *Easy*

We're rolling sauteed red peppers, spiced black beans, rice and red enchilada sauce up with monterey jack in a corn tortilla. Smothered with our signature green chile sauce and baking to perfection, it takes black bean enchiladas from good to great.

## Getting Organized

### EQUIPMENT

Medium Saucepan  
Casserole Dish

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Mexican Cheese  
Black Beans &  
Chipotles  
Rice  
Seasoned Veggies  
Corn Tortillas  
Green Chile Crema

## Add Protein Instructions

**Integrate into recipe:** Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and layer into the enchiladas before baking 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

**Health snapshot per serving** – 640 Calories, 22g Fat, 87g Carbs, 24g Protein, and 19 Freestyle Points.

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

INGREDIENTS: Corn Tortillas, Green Chile Sauce, Black Beans, Red Bell Pepper, Monterrey Jack, White Rice, Red Enchilada Sauce, Corn, Yellow Onion, Sour Cream, Carrot, Cilantro, Orange Juice, Chipotles in Adobo, Lime, Tomato Paste, Vegetable Stock, Ancho Chile, Garlic, Paprika, Cumin, Coriander, Oregano

meez meals

### 1. Get Organized

Preheat the oven to 375. Bring a medium saucepan of water to a boil. Spray or brush a casserole dish with oil.

*We recommend  
8" x 8" or similar  
sized dish.*

### 2. Cook the Rice

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

### 3. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Seasoned Veggies** and 3 Tbsp water. Cook, stirring frequently, until the red peppers and carrots soften, about 4 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well and set aside.

### 4. Create the Enchiladas

Mix two-thirds of the **Cheese** with the **Black Beans & Chipotles** in a mixing bowl. Wrap the **Corn Tortillas** in a moist paper towel and microwave until pliable, about 20 to 30 seconds.

Layer each tortilla with the rice and seasoned veggies, followed by the beans and cheese. Once filled, roll the tortillas to close and place, seam-side-down, in the oiled casserole dish. Cover with the **Green Chile Crema** and sprinkle with the remaining cheese. Bake until the tortillas start to crisp and cheese starts to brown, about 15 minutes.

### 5. Put It All Together

Allow the enchiladas to rest for 5 minutes. Enjoy!

Instructions for two servings.

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

## Chicken Francese

Great cooks know that it only takes a few ingredients to create something magical, and this recipe is proof positive. Fluffy breaded chicken sautéed in a rich butter and wine sauce is pure magic over roasted carrots.

**35** *Minutes to the Table*

**35** *Minutes Hands On*

**2 Whisks** *Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet with Cover  
Baking sheet  
Meat Tenderizer/Mallet  
(or small pot)

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour (1/2 cup)  
Eggs (2)

#### 5 MEEZ CONTAINERS

Carrots  
Parmesan Herb Butter  
Chicken Breast  
Lemon  
Wine Sauce

### Good To Know

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

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

**Health snapshot per serving** – 700 Calories, 39g Fat, 51g Protein, 29g Carbs, 15 Freestyle Points

**Lightened-Up Health snapshot per serving** – 560 Calories, 24g Fat, 29g Carbs, 9 Freestyle Points by eliminating the butter from the egg mixture (i.e., using only half).

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

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



INGREDIENTS: Chicken Breast, Carrots, Parmesan, Parsley, Butter, Wine, Chicken Stock, Lemon.

*meez* meals



### 1. Cook the Carrots

Preheat your oven to 425. Arrange the **Carrots** in a single layer on a baking sheet. Drizzle with olive oil, salt and pepper and toss. Roast until the carrots are a deep, charred color, about 30 minutes, turning the sheet halfway through cooking. Transfer directly to serving plates.

### 2. Cook the Chicken

While the carrots are roasting, melt half of the **Parmesan Herb Butter** in the microwave or a small pot over low heat. Set aside to cool for a few minutes. Spread ½ cup flour on a plate. Roll the non-melted half of the parmesan herb butter in the flour, completely coating all sides. Set aside until step 3. Crack 2 eggs in a small bowl and add the melted parmesan herb butter. Gently whisk the mixture so as to break the yolks and combine with the egg whites and butter, but not to fully scramble everything together.

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer/mallet or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. Generously season with salt and pepper.

Dip the chicken into the egg mixture, coating both sides. Let any excess drip off and place into the flour to completely coat one side. Flip and coat the other side. Return the chicken to the egg mixture one more time to fully coat both sides with egg. Let any excess drip off and repeat for each breast.

Heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the skillet 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 the heat and set aside to rest for 5 minutes. The chicken will NOT be fully cooked at this point but will finish in step 3. Do not wipe out the skillet.

### 3. Finish Cooking the Chicken and Sauce

While the chicken is resting, slice the **Lemon** into ¼" thick, round slices and add to the now-empty skillet over high heat. Cook until the lemons slices char on one side, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet. Add the **Wine Sauce** and cook until it reduces in half, about 3 minutes. Add the flour-coated parmesan herb butter from step 2 and stir continuously until the sauce thickens slightly, about 2 additional minutes.

Reduce the heat to low and add the chicken back to the skillet. Spoon the sauce over top of each breast, cover and simmer until the chicken is fully cooked, about 2 to 3 minutes.

### 4. Put It All Together

Serve the chicken on top of the carrots with the charred lemons on top (to give it some lemon flavor). Spoon the remaining sauce from the skillet over top of the entire dish. Enjoy!

Instructions for two servings.

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

# Crispy Shrimp Bao Buns

We've taken the work out of China's classic bread-like dumpling. We're delivering fluffy bao buns, shrimp, tasty Asian slaw (and even spicy sriracha on the side) for a restaurant-worthy dinner that's on the table in just twenty minutes.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

- 2 Large Skillets (one with a cover)
- Large Mixing Bowl

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per serving)

### 6 MEEZ CONTAINERS

- Asian Slaw
- Slaw Dressing
- Bao Buns
- Seasoned Cornstarch
- Shrimp
- Sriracha

## Good to Know

The Crispy Shrimp Bao Buns taste great without the Sriracha but if you like spicy, the **Sriracha sauce we included gives it a kick** that takes it to the next level!

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

**Health snapshot per serving** – 600 Calories, 44g Protein, 18g Fat, 67g Carbs, 13 Freestyle Points

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

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cooking video**



INGREDIENTS: Shrimp, Bao Bun, Broccoli, Daikon Radish, Green Onion, Carrot, Basil, Mayo, Garlic, Ginger, Tamari, Sesame Oil, Lime, Sesame Seeds, Cornstarch, Kosher Salt.

meez *meals*

### 1. Getting Organized

Combine the **Asian Slaw** and the **Slaw Dressing** in a large mixing bowl and refrigerate until step 4.

### 2. Heat the Bao Buns

Use cooking spray or a brush to completely cover the inside of a large skillet (one that has a cover) with about 1 Tbsp of oil. Place on the stove over medium heat. When the oil is hot, add the **Bao Buns** and cook until the bottom is light brown, about 3 minutes. Flip and add ¼ cup water to the skillet. Cover and steam buns until fluffy and bottom starts to brown, about 5 to 7 minutes. Transfer Bao Buns directly to serving plates.

*Spread the oil on the entire surface of the skillet so the bao buns don't stick to the bottom.*

### 3. Cook the Shrimp

While the Bao Buns are steaming, whisk 2 eggs in a small bowl and place the **Seasoned Cornstarch** in a large zip-lock bag. Dry and place all **Shrimp** into the zip-lock bag with the cornstarch and shake until the shrimp are coated. Dip each Shrimp into the egg and place on a plate.

When all shrimp have been coated, heat 2 tablespoons of oil in a second large skillet over medium-high heat. When it's very hot, carefully place each shrimp into the hot oil. Cook for one minute on each side, then remove to a paper-towel-lined-plate.

*The Crispy Shrimp Bao Buns taste great without the Sriracha but if you like spicy, the Sriracha sauce gives it a kick that takes it to the next level!*

### 4. Put It All Together

Carefully open each steamed Bao Bun (forming a "taco" and maintaining the hinge at the bottom). Fill each bun with 3 shrimp, a generous helping of Asian Slaw, and a light drizzle of spicy **Sriracha** sauce. Enjoy!

Instructions for two servings.

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

# Lemon Orzo with Spinach & Halloumi

We're taking our inspiration from sunny Greece, where spinach, lemon and seared halloumi cheese are staples. This week we're pairing them with grape tomatoes and tender orzo pasta for a 15-minute dinner that's bright and fresh.

**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

### 6 MEEZ

### CONTAINERS

Orzo Pasta  
Spinach  
Grape Tomatoes  
Seasoned  
Onions  
Halloumi Cheese  
Lemon

## 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 orzo.

**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 "rice" instead of orzo, reducing the **carbs per serving to 20g**. Skip step 1 and prior to step 3, heat 1 Tbsp oil in a large skillet over high heat. Add the cauliflower and sauté until it starts to brown, about 3 to 4 minutes. Add the spinach and stir until it starts to wilt, about a minute longer and transfer to a mixing bowl. Combine with the cooked, seasoned onions at the completion of step 3. 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** – 720 Calories, 42g Protein, 32g Fat, 65g Carbs, and 22 Freestyle Points. **Lightened-Up Health snapshot per serving** – 590 Calories, 32g Fat, 39g Carbs, and 19 Freestyle Points using half the orzo.

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cooking video



INGREDIENTS: Halloumi Cheese, Spinach, Onion, Tomato, Orzo, Garlic, Parsley, Dill, Lemon Pepper, Black Pepper, Oregano, Lemon.

meez *meals*

### 1. Get Organized

Set 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. Remove from the heat and drain. Return the cooked orzo to the empty saucepan along with the **Spinach** and stir well. Cover and set aside.

### 3. Make the Sauce

While the orzo is cooking, transfer the **Grape Tomatoes** to a zip lock bag and squish each one.

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Seasoned Onions** and contents of the zip lock bag. Sauté until the onions and tomatoes become soft, about 4 minutes. Transfer the contents of the skillet to the saucepan with the orzo and spinach and mix well. Wipe out the skillet.

### 4. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and slice into ½" cubes (they don't need to be perfect). Slice the **Lemon** in half.

Heat 1 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cubed halloumi and the lemon halves, cut side down. Cook undisturbed until bottom of halloumi is golden brown, about 2 to 3 minutes. Flip and cook until another side is golden brown, about 2 additional minutes. Remove from the heat.

### 5. Put It All Together

Serve the seared Halloumi on top of the orzo with a generous squeeze of lemon. Enjoy!

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

Instructions for two servings.

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

## Gyros Mini Tacos

A classic Gyros with a Meez twist. Our Greek Sauce, served up over tomatoes and onions and gyros meat then served up in a mini-taco.

**10** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet

#### FROM YOUR PANTRY

Olive Oil

#### 4 MEEZ CONTAINERS

Gyros Meat

Tortillas

Greek Sauce

Onions

### Good To Know

If you're a huge cucumber fan, slip some in. It's a great way to bulk these tacos up even more.

**Health snapshot per serving** – 665 Calories, 21g Fat, 55g Protein, 59g Carbs, 17 Freestyle Points

**Lightened-Up Health snapshot per serving** – 545 Calories, 18g Fat, 52g Protein, 41g Carbs, 15 Freestyle Points with two tortillas per serving and two-thirds of the sauce.

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

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cooking video**



INGREDIENTS: Gyros meat, Tortillas, Onion, Tomato, Sour Cream, Cilantro, Lime, Pineapple, Garlic, Vinegar, Kosher Salt

meez *meals*

**1. Cook the Gyros Meat**

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Add the **Gyros Meat** and cook until edges are slightly crispy, 3 to 4 minutes. Remove from heat and set aside.

**2. Warm the Tortillas**

Wipe out the skillet used for the gyros meat and return to stove over medium heat. Place each **Tortilla** in the pan until warm and soft, about 15 to 25 seconds per side.

**3. Assemble the Gyros**

Fill the tortilla with the gyros meat and top with the **Onions** and **Greek Sauce**. Enjoy!

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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to view

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**

# Avocado Tilapia Sandwich with Jalapeño Slaw

Get ready for a flavor explosion. Our tilapia sandwich comes together with roasted sweet potato chips, a crunchy jalapeno slaw, creamy avocado dressing, and flaky tilapia, all served up on rustic Italian bread. It's a speedy dinner that's filling and fun.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Sweet Potatoes  
Tilapia  
Italian Bread  
Avocado Dressing  
Jalapeño Slaw

## Good To Know

**Health snapshot per serving** – 650 Calories, 24g Fat, 79g Carbs, 34g Protein and 18 Smart Points

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

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



INGREDIENTS: Tilapia, Rustic Panini Bread, Sweet Potatoes, Broccoli, Avocado, Mayonnaise, Red Onion, Jalapeño, Lime, Sugar, Cilantro, Kosher Salt

**meez***meals*

### 1. Getting Organized

Preheat your oven to 400 degrees.

### 2. Prepare the Sweet Potato Chips

Toss the **Sweet Potatoes** with a drizzle of olive oil, salt and pepper on a baking sheet. Arrange in a single layer and roast until crispy, about 20 to 25 minutes.

### 3. Prepare and Cook the Tilapia

While the potatoes are baking, pat dry the **Tilapia** and sprinkle with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook on one side until brown, about 3 minutes. Flip and repeat. Set aside. Wipe out the skillet.

### 4. Grill the Bread

Heat the now-empty skillet over medium heat. Brush both sides of the **Italian Bread** slices with olive oil, then add to the skillet in a single layer, working in batches if necessary. Cook until each side is golden brown, about 2 minutes per side.

### 5. Put It All Together

Toss half the **Avocado Dressing** with the **Jalapeño Slaw** in a mixing bowl.

Spread the remaining dressing on one side of the grilled bread. Layer the sweet potato chips on the dressed bread, then the tilapia, jalapeño slaw and final piece of bread. Slice the sandwich in half and enjoy!

# Thai Sirloin Steak Udon Bowl

Thai flavors at their best. We're pairing an irresistible basil peanut sauce with sirloin steak and fresh peppers. Served over a bed of udon noodles, it's a dinner you'll crave again and again.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 4 MEEZ CONTAINERS

Udon Noodles  
Steak  
Peppers & Onions  
Thai Basil Peanut  
Sauce

## 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 27g**. In step 4., while the steaks are resting, pat dry the zucchini noodles and add them to the empty skillet (without wiping it out). Cook on medium-high heat until they start to brown, about 2 to 3 minutes. Place directly on serving plates and top with the Thai basil beef, peppers and onions.

If you ordered the **gluten-free version**, you received rice noodles. Add the rice noodles to boiling water and cook until tender, 5-6 minutes. Drain, rinse under cold water and set aside.

**Health snapshot per serving** – 800 Calories, 37g Fat, 46g Protein, 73g Carbs, 24 Smart Points

**Lighten Up snapshot per serving** - 610 Calories, 27g Fat, 41g Protein, 52g Carbs, 17 Smart Points by using two-thirds of the sauce and udon noodles.

**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: Bell Peppers, Steak, Udon Noodles, Red Onion, Peanuts, Vegetable Oil, Rice Wine Vinegar, Tamari, Brown Sugar, Basil, Ginger, Garlic, Sesame Oil

*meez* meals

## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Cook the Udon

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 6 to 8 minutes, then drain.

## 3. Cook the Peppers

While the udon is cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is smoking, add the **Peppers & Onions** and cook until browned, 4 to 7 minutes. Remove to a bowl or plate.

## 4. Cook the Steak

Return the now-empty skillet to the stove over high heat. Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** 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 and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

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

## 5. Put It All Together

Toss the udon noodles with Thai basil beef, peppers and onions.

*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**

## Nut-Crusted Salmon with Roasted Zucchini

You won't believe how easy this sophisticated dinner is to prepare. We're putting a carb-conscious spin on baked salmon by topping it with a delicious nut and cauliflower crust and just the right amount of pecorino. Served on top of roasted zucchini and finished with lemon chive dressing. It's simple, sophisticated and naturally low in calories.

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Baking Sheet

#### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

#### 5 MEEZ CONTAINERS

Cauliflower & Nuts

Salmon

Cream Sauce

Zucchini

Lemon Chive Dressing

### 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** – 430 Calories, 26g Fat, 12g Carbs, 38g Protein and 4 Freestyle Points

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

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



INGREDIENTS: Salmon, Zucchini, Cauliflower, Almond, Walnut, Pecorino Romano, Mayonnaise, Buttermilk, Garlic, Chive, Lemon, Onion, Black Pepper

*meez* meals

## 1. Getting Organized

Preheat oven to 400.

## 2. Prepare the Salmon

Spread the **Cauliflower & Nuts** evenly on a large plate.

Coat one side of the **Salmon** with a thick  $\frac{1}{4}$ " to  $\frac{1}{2}$ " layer of the white **Cream Sauce** (the slightly thicker one without the visible green chives).

Put the salmon onto the cauliflower & nuts, cream-side-down. Press down to make sure the crust adheres to the cream, then flip and press the non-cream side into the cauliflower & nuts to create the crust on both sides. Place onto a baking sheet with the cream side up, repeating with each salmon filet.

Leave room on the baking sheet for the zucchini which will get added in step 3, after the salmon is partially cooked.

## 3. Cook the Zucchini and Salmon

Bake the salmon for 8 minutes, then add the **Zucchini** to the baking sheet next to the salmon and drizzle it with olive oil, salt and pepper. Return the salmon and zucchini to the oven and bake until the cauliflower nut crust is golden brown, and the zucchini just starts to sear, about 4 to 5 additional minutes.

## 4. Putting It All Together

Serve the salmon on top of the zucchini and drizzle everything with the **Lemon Chive Dressing**. Enjoy!

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

*Love this recipe? #meezmagic*

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

# Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla

**25** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

Our members say it best: "The quesadilla was fantastic. It was tasty, easy and fun to make! Kinda like pizza AND the grape tomato topping was so GOOD." What could be that delicious? This caprese-inspired quesadilla layers basil pesto, spinach, balsamic-glazed tomatoes and lots of mozzarella in a warm tortilla. It's a dinner you don't want to miss.

## Getting

## Organized

### EQUIPMENT

Large Skillet  
Bow

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ

### CONTAINERS

Tomatoes  
Balsamic  
Glaze  
Spinach  
Tortillas  
Basil Pesto  
Mozzarella

## Add Protein Cooking Instructions

**Integrate into recipe:** Prior to Step 2, cook the protein (per instructions below) then slice into strips (flake the salmon, leave shrimp whole) and load into the quesadillas 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're making the gluten-free version**, we've given you corn tortillas. They're smaller than flour tortillas, so you'll make two round quesadillas per person, rather than one half-moon.

**If you're making the vegan version**, skip the mozzarella and make a pesto and spinach foldover. Cook the vegetables and heat the tortillas according to the instructions, then spread on the pesto, fill with the spinach and tomatoes and cook until heated through.

**Health snapshot per serving** – 595 Calories, 31g Fat,  
26g Protein, 6g Fiber, 19 Smart Points

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



INGREDIENTS: Tomatoes, Spinach, Flour Tortillas, Mozzarella Cheese, Basil, Almonds, Balsamic Vinegar, Brown Sugar, Lemon Juice, Olive Oil, Garlic

*meez* meals



### 1. Getting Organized

Heat 1 Tbsp of olive oil in a large skillet over medium heat.

### 2. Cook the Vegetables

Add the **Tomatoes** and cook until they pop and most of the liquid has evaporated, 5 to 10 minutes. Add the **Balsamic Glaze** and cook another 2 minutes. Transfer to a bowl and return the skillet to the heat.

Add the **Spinach** and a good pinch of salt. Cook until it just wilts, about 1 to 2 minutes.

### 3. Assemble the Quesadillas

Wipe out the skillet with a paper towel, and then heat 1 Tbsp of oil over medium heat. Place one **Tortilla** into the skillet and move around to lightly coat the bottom with oil. Repeat each time you're making a new quesadilla.

Spread the **Basil Pesto** on the tortilla and then add some of the wilted spinach and **Mozzarella** on one side. Fold one side over and cook until golden, about 2 to 3 minutes on each side.

### 4. Put It All Together

Cut the quesadillas into pieces and serve topped with the glazed tomatoes. Enjoy!

*We like to assemble the quesadillas in the pan so there's no risk of a mess.*

*If there's extra liquid with the tomatoes, just leave it behind. You don't want to make the quesadillas soggy.*

Instructions for two servings.

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

## Meez Chicken Caesar Salad

Get ready to fall in love with Meez's take on a classic Chicken Caesar salad. It starts with a ridiculously tasty Roasted Red Pepper Caesar dressing, tossed with romaine and arugula, and topped with grilled chicken breast, our own cauliflower "croutons" and a hard-boiled egg. It will be the best Caesar you have ever tasted.

### Getting Organized

#### EQUIPMENT

Saucepan  
Baking Sheet  
Large Skillet  
Large Mixing Bowl

#### FROM YOUR PANTRY

Eggs (1 per serving)  
Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Cauliflower & Cheese  
Chicken Breast  
Romaine Lettuce  
Arugula  
Roasted Red Pepper  
Caesar Dressing

### 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** – 780 Calories, 67g Protein, 47g Fat, 23g Carbs, and 14 Freestyle Points.

**Lightened up Health Snapshot per serving** – 630 Calories, 34g Fat, 21g Carbs by using two-thirds of the dressing and eliminating the eggs.

**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**



**30** Minutes to the Table

**30** Minutes Hands On

**1 Whisk** Super Easy

INGREDIENTS: Chicken Breast, Romaine, Arugula, Cauliflower, Red Peppers, Parmesan, Pecorino Romano, Mozzarella, Mayonnaise, Apple Cider Vinegar, Lemon, Miso, Garlic, Chives, Black Pepper

*meez* meals

### 1. Get Organized

Preheat oven to 425 degrees.

### 2. Hard-Boil the Eggs

Place 2 eggs in a saucepan and add water until the eggs are submerged by one inch. Cover and bring to a boil over high heat. Once boiling, turn off the heat and leave the eggs in the hot water, covered for 10 to 15 minutes. Remove the shell and run under cold water. Slice into bite sized pieces.

### 3. Make the Cauliflower "Croutons"

While the water is coming to a boil, lightly spray or brush a large baking sheet with oil. Arrange the **Cauliflower & Cheese** mix into two rectangles, each approximately 6 inches by 6 inches. Bake until the cheese starts to melt, about 10 to 15 minutes. Flip and continue cooking until the cheese is bubbly and brown, an additional 10 minutes. Remove from the baking sheet and separate into bite-sized pieces using two forks.

### 4. Cook the Chicken

Once the Cauliflower "Croutons" are in the oven, heat a large skillet with 1 Tbsp of olive oil over medium-high heat. Add the **Chicken** to the skillet, and cook until crisp and brown, about 4 minutes, and turn. Cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Once the chicken has rested, slice into one-inch strips.

### 5. Put It All Together

Slice the **Romaine Lettuce** into one-inch pieces and combine with the **Arugula**, sliced hard-boiled egg, and the **Roasted Red Pepper Caesar Dressing** in a large mixing bowl. Toss well and transfer to individual serving bowls. Top with the sliced chicken and Cauliflower "Croutons." Enjoy!

Instructions for two servings.

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