

Mexican Chicken Rice Bowl

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 bowl.

From Your Pantry

You'll need olive oil, salt and pepper

Caper Tilapia with Parsley and Potatoes

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
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From Your Pantry

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

Getting Started

Preheat your oven to 400.

Quick Tips



Chicken Florentine

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started

Heat olive oil in large skillet.

From your Pantry

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

Chive Beurre Blanc

Salmon & Mushrooms

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started

Heat olive oil in large skillet.

From Your Pantry

You'll need olive oil, salt and pepper.

Espresso-Rubbed Steak with Au Gratin Sweet Potatoes

25 Min to Table	25 Min Hands On	1 Whisk Easy
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Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper.

Bangkok Basil Crunch Salad

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

Honey-Ginger Shrimp & Noodles

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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From Your Pantry You'll need olive oil,
salt and pepper.

Getting Started Bring a saucepan of
water to a boil.

Lemon Orzo with Spinach & Halloumi

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of
water onto boil.

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

Mushroom and Goat Cheese Risotto

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to
400.

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

Meal Tip The cheese will
become warm and
soft but will not melt.

Meatball Döner Kebab

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Mix the veggies with
the garlic crema.

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

Chile-Lime Street Corn Ravioli

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of
water onto boil.

From Your Pantry You'll need olive oil,
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)	
Chili-Lime Street Corn Ravioli	760	22	47	68	12	970	11	25	100% Vitamin C	15% Vitamin A
(use 2/3 of the ancho cili aioli & the cilantro & queso)	640		35					21		
Chicken Florentine	580	60	27	36	8	1130	7	11	70% Vitamin A	35% Iron
Honey-Ginger Shrimp & Noodles	560	31	15	84	6	1620	36	16	35% Vitamin C	15% Vitamin B6
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		
Caper Tilapia with Parsley and Potatoes	660	47	25	57	4	1166	6	19	115% Vitamin C	19% Iron
(½ the butter and oil, and ¾ potatoes)	515		14					14		
Mexican Chicken Rice Bowl	535	72	17	28	8	722		9	266% Vitamin C	43% Vitamin A
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					20		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes	978	45	59	70	7	2071		32	491% Vitamin A	79% Vitamin C
(2/3 of the finished potatoes)	694		35					20		
Mushroom and Goat Cheese Risotto	750	24	51	40 CC 29	3	690	9	28	70% Vitamin A	35% Calcium
(use 3/4 of the rice, goat cheese and white wine sauce)	600		40					24		
Chive Beurre Blanc Salmon & Mushrooms	460	35	28	16	4	490	7	10	80% Vitamin D	30% Vitamin A
Bangkok Basil Crunch Salad	560	25	42	31	10	1358		18	66% Vitamin C	120% Vitamin A
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a 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 rcmnded 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
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% 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.

Chili-Lime Street Corn Ravioli

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Street corn meets cheesy ravioli in this flavor-packed mashup. Tender four-cheese ravioli is topped with charred poblano peppers and sweet corn, all coated in a smoky ancho chili aioli. Finished with fresh cilantro, queso, and a squeeze of lime, it's bold, satisfying, and ready in just 15 minutes.

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Four Cheese Ravioli
Lime
Poblano Peppers &
Corn
Ancho Chili Aioli
Cilantro & Queso

Add Protein Instructions

Integrate into recipe: Prior to step 2, cook the protein according the instructions below. Slice into ½" strips (flake the salmon and leave the shrimp whole) and stir into the poblanos & corn with the aioli 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 – 760 Calories, 47g Fat, 68g Carbs, 22g Protein, and 25 Freestyle Points.

Lightened-up health snapshot per serving – 640 Calories, 35g Fat, 66g Carbs, and 21 Freestyle Points, by using two-thirds of the ancho chili aioli and two-thirds of the cilantro & queso in steps 3 & 4.

INGREDIENTS: Four Cheese Ravioli, Poblano Peppers, Corn, Mayonnaise, Queso Fresco, Cotija Cheese, Ancho Chili, Lime, Cilantro.

meez meals

1. Get Organized

Bring a large saucepan of water to a boil.

2. Cook the Ravioli

Add the **Four Cheese Ravioli** to the boiling water and cook until the raviolis are tender and float to the top, about 4 minutes. Drain well, return to the saucepan, and cover until step 4.

3. Sear the Lime and Poblanos & Corn

While the Ravioli is cooking, heat a large skillet over medium-high heat. Slice the **Lime** in half and add both halves, cut-side-down. Cook until seared, about 3 minutes, then remove from the skillet and set aside. Do not wipe out the skillet.

Heat 1 Tbsp olive oil in the now-empty skillet. When the oil is hot, add the **Poblano Peppers & Corn** to the skillet and season with salt and pepper. Cook until the poblanos start to char, about 4 to 5 minutes. Turn off the heat and stir in the **Ancho Chili Aioli**.

4. Put It All Together

Top the cooked ravioli with the contents of the skillet and sprinkle everything with the **Cilantro & Queso** and a generous squeeze of the lime. Enjoy!

Instructions for two servings.

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

Chicken Florentine

Chicken Florentine sounds fancy, but we make it easy to cook on a busy weeknight. Our scrumptious marinara sauce arrives ready to heat and we're serving cage-free, all-natural chicken breast, spinach and creamy cheese sauce, sautéed zucchini, and capers and pepitas for a crunch.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Skillets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Chicken

Capers & Pepitas

Zucchini

Marinara Sauce

Spinach

Seasoned Cheese Sauce

Good to Know

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

Health snapshot per serving – 625 Calories, 38g Protein, 44g Fat, 20g Carbs, 20 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: Chicken, Spinach, Zucchini, Tomato, Cream Cheese, Cream, Pepitas, Mozzarella, Provolone, Red Onion, Basil, Parmesan, Lemon Zest, Olive Oil, Sugar, Capers, Black Pepper, Tomato Paste, Sage, Kosher Salt, Fennel, Thyme, Tarragon, Garlic.

meez *meals*

1. Cook the Chicken

Heat 1 Tbsp olive oil in a large skillet over high heat. Generously salt and pepper the **Chicken** on both sides and, when the oil is hot, add to the pan. Cook until crisp and brown on one side, about 4 to 5 minutes, and flip. Cook until brown on the second side, about 4 additional minutes. Remove the chicken and place on a cutting board to rest for 5 minutes. Do not wipe out the pan. When chicken has rested, cut into strips, about ¼" to ½" thick and set aside.

2. Create the Sauce

While the chicken is cooking, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. Add the **Capers & Pepitas** and cook, stirring frequently, until the seeds start to brown and the capers begin to pop, 4 to 5 minutes. Remove from the skillet and set aside.

Heat 1 Tbsp olive oil in the now-empty skillet used for the capers & pepitas over medium-high heat. When the oil is hot, add the **Zucchini** and cook until it is seared and starts to soften, about 2 to 3 minutes. Stir in the **Marinara Sauce**, reduce the heat to low, and simmer until it thickens slightly, about 2 to 3 minutes. Turn off the heat.

3. Cook the Spinach and Cheese Sauce

Heat 1 Tbsp olive oil in the now-empty chicken skillet over medium-high heat. Add the **Spinach** and sauté until it wilts, about 3 minutes. Turn off the heat, add the **Seasoned Cheese Sauce** to the skillet and stir well.

4. Put It All Together

Serve the sliced chicken over the cheesy spinach and smother it with the zucchini and marinara. Top with the capers & pepitas and enjoy!

Instructions for two servings.

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

Honey-Ginger Shrimp & Noodles

Sweet meets savory in this irresistible noodle bowl. Shrimp are glazed in a ginger honey sauce with hints of tamari and orange, tossed with pea pods and tender noodles, then topped with peanuts for the perfect crunch. It's bright, balanced, and bursting with flavor.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Peanuts
Yaki Soba Noodles
Peapods
Shrimp
Honey-Ginger Glaze

Good to Know

Health snapshot per serving – 560 Calories, 15g Fat, 84g Carbs, 31g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Shrimp, Yaki Soba Noodles, Peapods, Honey, Tamari, Peanuts, Orange, Ginger, Sesame Oil, Garlic, White Pepper.

The logo for 'meez meals' features the word 'meez' in a lowercase, sans-serif font, followed by 'meals' in a lowercase, cursive font. A small, stylized cat face icon is positioned above the 'z' in 'meez'.

1. Get Organized

Bring a medium saucepan of water to a boil. Crush the **Peanuts** in the bag with a mallet or the bottom of a small saucepan.

2. Cook the Noodles

Add the **Yaki Soba Noodles** to the boiling water with a pinch of salt and cook until al dente, about 3 to 4 minutes. Drain well and transfer directly to serving plates.

3. Cook the Peapods

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Pea Pods** with a sprinkle of salt and pepper. Sauté, stirring occasionally, until charred, about 3 to 4 minutes. Remove from the skillet and transfer to serving plates on top of the noodles. Wipe out the skillet.

4. Cook the Shrimp and Glaze

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry the **Shrimp** and season with salt and pepper on both sides. When the oil is hot, add the shrimp and cook until opaque, about 1 minute on each side. Remove from the skillet and set aside. Do not wipe out the skillet. Add the **Honey-Ginger Glaze** to the skillet and bring to a boil. Continue cook until the sauce thickens enough to coat the back of a spoon, about 4 to 5 minutes. Turn off the heat, add back the cooked shrimp, and stir until well coated.

5. Put It All Together

Serve the glazed shrimp over the pea pods and drizzle any remaining sauce on top of the entire dish. Sprinkle with the crushed peanuts and 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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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

Caper Tilapia with Parsley and Potatoes

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

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet

FROM YOUR PANTRY

3 Tbsp Butter
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Potatoes
Tilapia
White Wine
Capers & Garlic
Parsley

Make The Meal Your Own

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

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

Good To Know

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

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

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

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

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

meez *meals*

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prep and Roast the Potatoes

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

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

3. Cook the Tilapia

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

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

4. Make the Sauce

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

5. Put It All Together

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

Instructions for two servings.

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

Mexican Chicken Rice Bowl

Cilantro Lime Crema marinated chicken over white rice (or try the carb conscious version over cauliflower "rice") with red salsa and plenty of poblano peppers, corn, beans, and Monterey Jack. It's a delicious new take on the Mexican rice bowl.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

- Saucepan
- Large Skillet
- Ziplock bag or small marinating bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Cilantro Lime Crema
- Rice
- Chicken
- Poblanos
- Salsa & Cheese

Good to Know

If you ordered the **Carb Conscious version**, we sent Cauliflower "Rice" instead of the white rice, reducing the **carbs per serving to 27g**. Combine the Cauliflower "Rice" with the poblano peppers and cook per the instructions in step 3.

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

Health snapshot per serving – 640 Calories, 71g Protein, 17g Fat, 54g 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: Chicken Breast, White Rice, Poblanos, Tomato, Corn, Black Bean, Sour Cream, Chihuahua, Monterey Jack, Garlic, Onion, Cilantro, Enchilada Sauce, Lime.

meez meals

1. Getting Organized

Put a saucepan of water on to boil. Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

2. Marinade the Chicken

Pour 2/3 of the white **Cilantro Lime Crema** in a ziplock bag. Set the remaining 1/3 aside until step 5.

Dry and generously sprinkle the **Chicken** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Cut three slits in the chicken lengthwise about ¼" deep on each side. Place chicken into the ziplock bag with the Cilantro Lime Crema and seal, then marinate for at least 5 minutes.

3. Sauté the Poblanos

Heat 2 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Poblanos** and sauté until the vegetables start to soften and brown, about 4 to 6 minutes. Remove from the heat set aside. Do not wipe out the skillet.

4. Cook the Chicken

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is very hot, add the chicken (dispose of the marinade in the ziplock bag) and cook until it is brown, about 4 minutes. Flip and cook the other side until it is also brown, about 4 additional minutes. Remove from the heat and place the chicken on a cutting board to rest for 5 minutes. After the chicken has rested slice it into ¼" strips.

5. Heat the Sauce

While the chicken is resting, wipe-out the skillet and return it to the stove. Lower the heat to medium and add the red **Salsa & Cheese**. Stir the sauce until it is hot and lightly bubbling.

6. Put It All Together

Top the cooked rice with the poblanos, salsa & cheese and chicken. Drizzle with the remaining Cilantro Lime Crema. Enjoy!

The amount of water you use doesn't matter as long as you have enough to keep the rice submerged while cooking.

If the marinade begins to burn, reduce the heat, and extend the cooking time to ensure the chicken center is fully cooked.

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.

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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

Espresso-Rubbed Steak with Au Gratin Sweet Potatoes

This week we're mixing up something really special with a chili and espresso rub that give the steak a zip that we fell in love with. The star, though, are our au gratin sweet potatoes, made with three cheeses and a breadcrumb crunch. Served with sautéed green beans, it's a restaurant worthy recipe on the table in less than 30 minutes.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven Safe Skillet
Loaf Pan or Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Cream Sauce
Seasoned Cheese
Chile Espresso Rub
Steak
Green Beans

Good To Know

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Health snapshot per serving – 980 Calories, 59g Fat, 45g Protein, 70g Carbs, 32 Freestyle Points

Lightened-Up Health snapshot per serving – 695 Calories, 35g Fat, 57g Carbs, 20 Freestyle Points with two-thirds of the Sweet Potatoes, Cream Sauce, and Seasoned Cheese.

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

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



INGREDIENTS: Steak, Green Beans, Sweet Potato, Cream, Cheddar, Monterey Jack, Pecorino Romano, Panko Breadcrumbs, Mustard, Chicken Stock, Espresso Rub Spices.

meez meals

1. Getting Organized

Preheat your oven to 425 degrees.

2. Make the Au Gratin Sweet Potatoes

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they start to brown, about 4 minutes.

Add the **Cream Sauce** and bring to a boil, stirring constantly until the sauce thickens enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in $\frac{3}{4}$ of the **Seasoned Cheese**.

Transfer the contents of the skillet into a loaf pan or casserole dish and cover with the remaining seasoned cheese. Bake until the seasoned cheese starts to brown, about 10 to 15 minutes. Remove from the oven and set aside to cool.

3. Cook the Steak

While the potatoes are cooking, spread the **Chile Espresso Rub** on a plate. Pat dry the **Steaks** with a paper towel and firmly press one side into the rub until it is well coated. Flip and coat the other side.

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

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

4. Sauté the Green Beans

While the steaks are resting, wipe out the skillet and return it to the stove with 1 Tbsp olive oil over medium-high heat. Add the **Green Beans** with a sprinkle of salt and pepper and cook until they start to char, about 3 to 4 minutes.

5. Put It All Together

Serve the steak alongside the au gratin sweet potatoes and sautéed green beans. Enjoy!

Test if the skillet is hot enough by holding your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Instructions for two servings.

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

Mushroom & Goat Cheese Risotto

Rich, creamy and delicious is what we look for in a risotto, and this one checks all the boxes. With cremini and button mushrooms, and goat cheese, it's comfort food at its best. And because we're cooking it in the oven, you have time to do something else while dinner takes care of itself.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Oven-Safe Skillet & Lid

FROM YOUR

PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Mushrooms
- Arborio Rice
- White Wine Sauce
- Seasoned Cheese & Onion
- Arugula
- Goat Cheese & Green Onions

Add Protein Cooking Instructions

Integrate into recipe: When the risotto has about 10 minutes cooking time remaining in step 4, cook the protein (per instructions below) and serve alongside the risotto when finished.

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

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

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

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

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

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Arborio rice, reducing the **carbs per serving to 29g**. Add the cauliflower to the skillet with the mushrooms for the last 3 minutes of sautéing in step 2. Continue with step 3, except don't add the water. Reduce the total time baking time to 15 minutes in step 4.

Health snapshot per serving – 750 Calories, 24g Protein, 40g Carbs, 51g Fat, 28 Freestyle Points

Lightened-up health snapshot per serving – 600 Calories, 33g Carbs, 40g Fat, 22 Freestyle Points, by using $\frac{3}{4}$ of the Arborio rice, White Wine sauce, AND goat cheese.

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



INGREDIENTS: Mushrooms, Cream, Arborio Rice, White Wine, Yellow Onion, Goat Cheese, Arugula, Asiago, White Balsamic Vinegar, Garlic, Parmesan, Vegetable Stock, Green Onion, Lemon, Savory, White Pepper



1. Get Organized

Preheat the oven to 400.

2. Sear the Mushrooms

Heat 1 Tbsp olive oil in a large oven-safe skillet on medium-high heat. When the oil is hot, add the **Mushrooms** with a sprinkle of salt and pepper and cook, stirring occasionally, until they start to brown, about 5 to 6 minutes.

3. Prepare the Risotto

Add the **Arborio Rice** to the mushrooms and stir until the rice is coated with oil, about 1 minute. Add the **White Wine Sauce**, 1 cup of water, and the **Seasoned Cheese & Onion** (the bag that contains some shredded cheese and doesn't contain green onions). Mix well, then turn the heat to high and bring to a boil. Remove from the heat.

Use a baking sheet if you don't have a cover.

4. Cook the Risotto

Cover the skillet and transfer to the oven. Bake, undisturbed, for 20 minutes, then check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking until the rice is tender, about 5 minutes. If there is still liquid, cook for 5 more minutes. If there is still liquid after those 5 minutes, uncover and bake until it is absorbed.

The cheese will become warm and soft but will not melt.

5. Put It All Together

When the rice is cooked, remove the skillet from the oven and stir in the **Arugula**. Smooth the risotto into an even layer and dollop the **Goat Cheese & Green Onions** around the pan, then replace the cover, and let rest for 5 minutes.

Serve and enjoy!

Instructions for two servings.

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

Chive Beurre Blanc Salmon & Mushrooms

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

25 *Minutes to the Table*

25 *Minutes Hands On*

1 *Whisk Super Easy*

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Small Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Mushrooms
- Salmon
- Green Beans & Leeks
- Chive Butter
- Beurre Blanc Sauce

Good to Know

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

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

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



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

meez*meals*

1. Cook the Mushrooms

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

2. Cook the Salmon

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

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

3. Cook the Green Beans & Leeks

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

4. Create the Sauce

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

5. Put It All Together

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

Bangkok Basil Crunch Salad

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

5 Minutes to the Table

5 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Asian Veggies

Organic Tofu

Bangkok Basil

Dressing

Peanuts

Add Protein Cooking Instructions

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

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

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

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

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

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

Good to Know

Health snapshot per serving – 510 Calories, 33g Protein, 29g Carbs, 31g Fat, 8 Freestyle Points.

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

SCAN QR CODE
to view YouTube
cooking video



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

meez *meals*

1. Put It All Together

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

2. Enjoy

Instructions for two servings.

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