

*Steak Enchiladas
with Pineapple Lime Salsa*

40 Min to Table	25 Min Hands On	2 Whisk Easy
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Getting Started Preheat your oven to 375.

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

*Ginger Teriyaki Tilapia
with Crispy Rice*

20 Min to Table	20 Min Hands On	2 Whisks Easy
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Getting Started Bring a saucepan of water to a boil.

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

Quick Tips



Marry Meez Salmon

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a saucepan of water to a boil.

Meal Tip You'll need olive oil, salt and pepper

*Kung Pao Edamame
with Udon Noodles*

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a large pot of water to a boil.

Omnivore Option Shrimp is great in this dish.

*Golden Honey BBQ Shrimp
& Cornbread*

20 Min to Table	10 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 and pepper

Bacon Onion Swiss Burger

25 Min to Table	25 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 and pepper.
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Brown Butter Gnocchi

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400.
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From Your Pantry	You'll need olive oil, butter, salt and pepper.
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Meal Tip	This dish makes a great cold pasta salad.
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Upside-Down Asparagus & Gruyere Tart

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat oven to 425.
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From Your Pantry	You'll need olive oil, salt and pepper
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Grilled Romaine Salad with Lemon Chive Chicken

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Heat olive oil in a large skillet.
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From your Pantry	You'll need olive oil, salt and pepper.
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Grilled Halloumi Gyros

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started	Prepare the Broccoli & Zucchini Slaw.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Chicken Satay Noodle Bowl

25 Min to Table	25 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	Put a saucepan of water on to boil.
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Meal Tip	Scrambled eggs make a great addition to this meal.
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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 rcmnded daily)	
Marry Meez Salmon (use ¾ of the sauce and egg noodles)	740	30	45	58 CC 30	8	540	12	25	60% Vitamin K	45% Vitamin C
Chicken Satay Noodle Bowl	575	69	19	39	9	458		13	79% Vitamin C	14% Vitamin B-6
Grilled Halloumi Gyros	610	35	37	35 CC 22	4	1410	10	20	50% Vitamin C	35% Vitamin A
Golden Honey BBQ Shrimp & Cornbread	470	23	18	60 CC 40	5	850	27	13	220% Vitamin C	50% Vitamin A
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469		14	184% Vitamin C	170% Vitamin A
Steak Enchiladas with Pineapple Lime Salsa	630	46	30	44 CC 28	6	880	26	22	160% Vitamin C	70% Vitamin B6

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Ginger Teriyaki Tilapia with Crispy Rice	650	48	11	90 CC 40	4	2110	26	15	106% Vitamin A	56% Vitamin C
Bacon Onion Swiss Burger	1270	56	74	93	6	2210	34	44	108% Calcium	185% Vitamin B12
Use 2/3 of the potatoes, bacon & onion, cheese, sauce, and open faced	840		51					28		
Upside-Down Asparagus & Gruyere Tart	850	23	67	43	6	710	10	33	90% Vitamin K	50% Calcium
(use 2/3 cheese & dressing)	690		53					26		
Brown Butter Gnocchi	600	15	19	88	10	350		18	68% Vitamin A	73% Vitamin C
Grilled Romaine Salad with Lemon Chive Chicken	390	65	5	29	10	240		2	385% Vitamin A	233% 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)	
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink 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.

Marry Meez Salmon

If you love our Marry Meez Chicken, this seafood version takes those same craveable flavors in a fresh new direction. Norwegian salmon is served over egg noodles and asparagus tossed in a rich lemon cream sauce with sun-dried tomatoes, garlic, and Parmesan. Bright, comforting, and packed with flavor, this is a dinner worthy of the name.

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Egg Noodles
Salmon
Asparagus
Sun-Dried Tomato,
Celery, & Onion
Lemon Cream Sauce
Lemon

Good to Know

If you ordered the **Carb Conscious version**, we sent you red peppers instead of egg noodles, reducing the **carbs per serving to 30g**. Skip step 2. Cook the peppers alongside the asparagus in step 3.

Health snapshot per serving – 740 Calories, 45g Fat, 58g Carbs, 30g Protein, and 25 Freestyle Points.

Lightened-up health snapshot per serving – 610 Calories, 35g Fat, 49g Carbs, and 20 Freestyle Points, by using three-quarters of the Egg Noodles and Lemon Cream Sauce.

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

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Salmon, Cream, Asparagus, Egg Noodles, Celery, Sun-Dried Tomatoes, Parmesan, Yellow Onion, Lemon, Garlic, Chicken Stock, Black Pepper, Paprika, Basil, Oregano

meez *meals*

1. **Get Organized**

Bring a medium saucepan of water to a boil.

2. **Cook the Egg Noodles**

Add the **Egg Noodles** to the boiling water with a pinch of salt. Cook until al dente, about 10 minutes. Drain well and return to the saucepan. Cover and set aside.

3. **Sear the Asparagus**

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 **Asparagus** with a sprinkle of salt and pepper. Cook until the asparagus start to brown and become slightly soft, about 5 to 6 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. **Cook the Salmon**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry the **Salmon** with paper towel and season both sides with salt and pepper. 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 brown, about another 3 minutes. Remove from the skillet and let rest for 5 minutes. Do not wipe out the skillet.

5. **Crate the Sauce**

While the salmon is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Sun-Dried Tomato, Celery & Onion**. Cook until the onions start to soften, about 2 to 3 minutes. Add the **Lemon Cream Sauce** and bring to a boil. Reduce the heat to low and simmer until the sauce thickens, about 3 to 4 minutes. Remove from the heat.

6. **Put It All Together**

Add two-thirds of the cooked sauce and the seared asparagus to the egg noodles in the medium saucepan and stir well. Serve the salmon filets on top of the noodles, sauce and asparagus mix and then pour the remaining sauce over top. Finish with a generous squeeze of **Lemon**. Enjoy!

Instructions for two servings.

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

Chicken Satay Noodle Bowl

We're hooked on Thai Chicken Satay, with its tender chicken and crazy-delicious peanut sauce. So we turned that classic Thai appetizer into a complete meal by cooking cage-free chicken with plenty of Asian veggies and rice noodles. Mixed up with that delectable Satay sauce, it's the test kitchen's new favorite. Best of all, it's on the table in less than 30 minutes.

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

6 MEEZ CONTAINERS

Rice Noodles
Chicken
Garlic and Ginger
Asian Vegetables
Satay Sauce
Green Onions and
Cilantro

Make the Meal Your Own

Want to add some additional richness? Try scrambling an egg and mixing it in. You won't be disappointed!

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 – 575 Calories, 69g Protein, 19g Fat, 13 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: Chicken, Rice Noodles, Cabbage, Edamame, Carrots, Bok Choy, Peanuts, Garlic, Ginger, Rice Wine Vinegar, Tamari, Brown Sugar, Cayenne Pepper, Sesame Oil, Green Onion, Cilantro

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Rice Noodles

Add the **Rice Noodles** to the boiling water and cook until tender, 5-6 minutes.

Drain, rinse under cold water and set aside.

3. Prepare the Chicken

While the rice noodles are cooking, heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 4 to 5 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 4 minutes, until this side is brown as well.

Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into strips, about ¼" to ½" wide and set aside.

4. Cook the Veggies

Place the **Asian Vegetable Mix** and **Garlic and Ginger** in the now empty skillet and sauté, stirring frequently, over medium-high heat for 7-8 minutes.

Stir in the **Satay Sauce** until vegetables are completely coated and sauce is warm, about 1 minute. Remove skillet from heat.

5. Putting it All Together

Combine the rice noodles and chicken strips with the contents of the skillet and stir until the peanut sauce has completely coated everything.

Top with **Green Onions and Cilantro**, serve and enjoy!

Instructions for two servings.

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

Grilled Halloumi Gyros

Our spin on Greek street food. It all starts with grilled halloumi, the classic Greek cheese that gets charred and crispy when it's cooked. We're pairing it with an eggplant tapenade and fresh slaw, then wrapping everything up in warm naan. It might not be traditional, but it's so delicious it should be.

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Cutting Board

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Tzatziki Sauce
Broccoli &
Zucchini Slaw
Halloumi Cheese
Naan
Eggplant
Tapenade

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below). Slice into strips (flake the salmon and leave the shrimp whole) and combine with the Halloumi to add to the gyro 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 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 romaine lettuce instead of the naan bread to make a grilled halloumi salad, reducing the **carbs per serving to 22g**. Skip step 3 and cut the romaine into one-inch strips.

Health snapshot per serving – 610 Calories, 35g Protein, 37g Fat, 35g Carbs, and 20 Freestyle Points.

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

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to view
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cooking video



INGREDIENTS: Halloumi Cheese, Broccoli, Zucchini, Eggplant, Tomato, Red Onion, Cucumber, Greek Yogurt, Cream, Lemon, Garlic, Kosher Salt, Dill.

meez meals

1. Create the Tzatziki Slaw

Combine two-thirds of the **Tzatziki Sauce** with the **Broccoli & Zucchini Slaw** in a bowl and place in the fridge until step 4.

2. Cook the Halloumi Cheese

Place the **Halloumi Cheese** on a cutting board and cut in half lengthwise, then slice into rectangles about 1/4" thick. You should have about 10 to 12 pieces per serving after slicing.

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

Heat 1 Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 minutes. Remove from the skillet and set aside. Wipe out the pan.

3. Warm the Naan

Very lightly brush both sides of the **Naan** with olive oil and sprinkle with salt and pepper. Return the now-empty skillet to the stove over medium high heat. Warm both sides of the naan, about a minute on each side.

4. Put It All Together

Spread a little of the remaining tzatziki sauce in the center of the Naan, then top with the grilled Halloumi, broccoli & zucchini slaw, and **Eggplant Tapenade**. Drizzle with additional tzatziki Sauce to taste. Enjoy!

Instructions for two servings.

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

Golden Honey BBQ Shrimp & Cornbread

We're pairing Carolina BBQ flavor with crisp, satisfying textures in this shrimp dinner. A golden, honey BBQ sauce coats the shrimp and vegetables, while roasted kale adds contrast and freshness. Served with toasted cornbread, it's full-flavored, unfussy, and completely weeknight friendly.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- 2 Baking Sheets

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Kale
- Cornbread
- Shrimp
- Mirepoix
- Creamy BBQ Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you yellow peppers instead of cornbread, reducing the **carbs per serving to 40g**. Skip step 2. Add the yellow peppers with the mirepoix 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 – 470 Calories, 18g Fat, 60g Carbs, 23g Protein, and 13 Freestyle Points.

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

INGREDIENTS: Shrimp, Kale, Cornbread, Tomato, Carolina BBQ Sauce, Red Bell Pepper, Yellow Onion, Cream, Honey, Garlic, Black Pepper.

meez  meals

1. Get Organized

Preheat the oven to 400.

2. Roast the Kale

Add the **Kale** to a baking sheet and toss with olive oil, salt and pepper. Arrange in a single layer and cook until brown and crispy, about 16 to 18 minutes.

3. Toast the Cornbread

Place the **Cornbread** on a second baking sheet. Toast until golden brown, about 6 to 8 minutes. Remove from the oven and set aside until step 5.

4. Cook the Pepper Shrimp

While the kale and cornbread are toasting, heat 1 tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Shrimp** and season with salt and pepper. When the oil is hot, add the shrimp and cook until opaque, about 1 minute each side. Remove from the skillet and set aside. Do not wipe out the skillet.

Return the now-empty skillet to the stove over medium-high heat with 1 Tbsp olive oil. When the oil is hot, add the **Mirepoix** and cook until the peppers start to char, about 3 to 4 minutes. Reduce the heat to medium-low and add the **Creamy BBQ Sauce**. Simmer until the sauce is hot and the peppers and onions are soft, an additional 2 to 3 minutes. Remove from the heat and stir in the cooked shrimp.

5. Put It All Together

Serve the shrimp, veggies, and sauce over top of the kale alongside the cornbread. Enjoy!

If you have a large baking sheet, you may be able to use just one baking sheet. Remember to note the starting times for each item.

Instructions for two servings.

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

Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauce. The spicy sweet flavor just makes stir-fry come to life. We're cooking our version with edamame, carrots and red peppers, then serving it over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect for any night of the week.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting

Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt &
Pepper

4 MEEZ CONTAINERS

Asian
Vegetables
Sesame Soy
Sauce
Udon
Noodles
Peanuts

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the noodles in step 4.

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

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

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

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

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

Good To Know

If you're cooking the **Carb Conscious version**, we sent you zucchini "noodles" instead of udon reducing the **carbs to 34g per serving**. Skip Steps 1 and 2. Heat 1 Tbsp olive oil in a large skillet over high heat. Dry the zucchini noodles with a paper towel. When the oil is very hot, place them in the pan in a single layer. Cook, without stirring, until the zucchini noodles start to char, 2 to 3 minutes. Remove from the skillet and use in place of the noodles in Step 4.

If you're making the gluten-free version, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

Health snapshot per serving – 465 Calories, 18g Protein, 10g Fiber, 14 Smart Points

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to view
YouTube
cooking video



INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Tamari Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

meez *meals*

1. Getting Organized

Bring a large pot of water to a boil.

2. Cook the Udon Noodles

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 4 minutes, then drain.

3. Cook the Vegetables

As soon as the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Asian Vegetables** and cook until the edamame is tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook, stirring, until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

4. Put It All Together

Serve the udon noodles topped with veggies and sauce and finish with a sprinkling of **Peanuts**. Enjoy!

A large pot of water gives the noodles lots of room to cook properly.

Love this recipe? #meezmagic

Instructions for two servings.

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

Steak Enchiladas with Pineapple Lime Salsa

Classic and delicious, this dinner is a winner. We're pairing seared steak with our mellow enchilada sauce for a dinner that's comfort food through and through. Topped with pineapple lime salsa, it's a dinner the family will love.

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Casserole Dish
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Steak
Tomatoes, Peppers & Onions
Enchilada Sauce
Chihuahua Cheese
Corn Tortillas
Pineapple Lime Salsa

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you Poblano Peppers instead of the corn tortillas, reducing the total **carbs per serving to 28g**. In step 4. add the enchilada filling directly to the casserole dish. Prior to adding the remaining sauce and cheese, place the poblano peppers on top of the filling and then cover the peppers with the remaining sauce and cheese prior to baking.

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

Health Snapshot Per Serving- 630 Calories, 46g Protein, 30g Fat, 44g Carbs, 22 Freestyle Points.

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



INGREDIENTS: Steak, Corn Tortillas, Enchilada Sauce, Chihuahua Cheese, Red Bell Pepper, Tomato, Spanish Onion, Pineapple, Cucumber, Sour Cream, Cilantro, Lime Juice, Mint, Garlic, Oregano, Cumin, Coriander

meez *meals*

1. Get Organized

Preheat your oven to 375 degrees. Spray or brush a 10"x10" or similar sized casserole dish with oil.

2. Cook the Steak

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry and generously salt and pepper the **Steak** on both sides. When the oil is very hot, sear the steak for one minute on each side. Remove from the skillet and allow to rest for 2 to 3 minutes. (The steak will still be raw. That's OK, it will cook the rest of the way in the oven.) Slice into ½" strips.

3. Create the Enchilada Filing

While the steak is resting, wipe out the skillet and heat 1 Tbsp olive over medium-high heat. When the oil is hot, add the **Tomatoes, Peppers & Onions** and sauté until the peppers start to char and the onions become translucent, about 5 minutes. Transfer the cooked veggies to a large mixing bowl. Add the sliced steak and one-third of the **Enchilada Sauce** and one-third of the **Chihuahua Cheese**.

4. Bake the Enchiladas

Add half of the remaining sauce to the bottom of the casserole dish. Wrap the **Corn Tortillas** in moist paper towels and microwave until soft and pliable, about 20 to 30 seconds. Fill the tortillas with as much of the filling as possible while still being able to roll into tubes. Roll into tubes and place the rolled enchiladas in the casserole dish (in the sauce) folded side down. Repeat until you've used all the tortillas. Distribute any leftover filling around the rolled tortillas in the dish. Top everything with the remaining sauce and then the remaining cheese. Bake until the cheese is melted and starts to brown, about 16 to 18 minutes. Remove from the oven and let rest for 5 minutes.

5. Put it all together

Serve the enchiladas and extra enchilada filling topped with the **Pineapple Lime Salsa**. Enjoy!

Instructions for two servings.

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

Ginger Teriyaki Tilapia with Crispy Rice

Mild tilapia pairs beautifully with our Japanese-inspired ginger Teriyaki sauce. We're serving it over crispy jasmine rice and fresh bok choy for an Asian dinner we just love.

30 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Bok Choy
Green Onion &
Carrots
Tilapia
Ginger Teriyaki Sauce
Herbs & Sesame Seeds

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the jasmine rice, reducing the **carbs per serving to 40g**. Skip steps 1 and 2. In Step 4, add the cauliflower to the pan with the Green Onions & Carrots. Sauté the cauliflower "rice" until it starts to brown, about 4 to 5 minutes. Remove from the heat and place directly on the plates instead of the rice.

Good To Know

Health snapshot per serving – 650 Calories, 48g protein, 90g Carbs, 11g fat, 15 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: Tilapia, Bok Choy, Jasmine Rice, Tamari, Green Onion, Ginger, Garlic, Carrots, Sesame Oil, Basil, Cilantro, Lime Juice, Basil, Cilantro, Brown Sugar, Sesame Seeds

meez meals

1. Get Organized

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook uncovered until the rice is tender, about 12 to 15 minutes. Remove from heat and drain well. Set aside until step 4.

*Use about
twice as
much water
as rice.*

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Bok Choy** with a sprinkle of salt and pepper. Cook, undisturbed, until the bok choy starts to char, about 2 to 3 minutes. Remove from the skillet and set aside until step 6. Wipe out the skillet.

4. Crisp the Rice

Return the now-empty skillet to the stove with 1 Tbsp oil over high heat. When the oil is very hot, add the **Green Onions & Carrots** and the cooked rice. Mix well and then spread the rice and green onions out to the edges of the skillet. (It is OK to go up the side as well.) Cook, undisturbed, until most of the rice is crispy and is lightly browned, about 5 to 6 minutes. Transfer the rice and veggies directly to serving plates. Wipe out the skillet.

5. Cook the Tilapia

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium high heat. When the oil is hot, place the **Tilapia** in the skillet.

Cook until the edges brown slightly, about 3 minutes. Flip and add the **Ginger Teriyaki Sauce** to the skillet. Cook an additional 3 minutes, spooning the marinade over the top of the tilapia as it boils frequently. Remove from the heat and set aside.

6. Put It All Together

Drizzle some of the sauce from the skillet over the rice. Spread the bok choy across the rice and top with the tilapia and remaining sauce. Sprinkle the **Herbs & Sesame Seeds** over that and enjoy!

Instructions for two servings.

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

Bacon Onion Swiss Burger

This recipe is exactly what it sounds like. An indulgent dinner of a one-third-pound angus beef burger smothered with bacon, sautéed onions, Swiss cheese, burger sauce, and served with a heaping pile of roasted fingerling potatoes. It's classic American and will soon be on your list of "must-have" burgers.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- 2 Large Skillets
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Fingerling Potatoes
- Bacon & Onions
- Seasoned Swiss & Provolone
- Angus Beef Burger
- Potato Roll
- Meez Burger Sauce

Good To Know

Health snapshot per serving – 1270 Calories, 56g Protein, 74g Fat, 93g Carbs, 44 Freestyle Points

Lightened-Up Health snapshot per serving – 840 Calories, 51g Fat, 56g Carbs, 28 Freestyle Points by using two-thirds of the Potatoes, Bacon & Onion, cheese, and sauce and serving the burger open-faced.

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: Angus Beef Burger, Fingerling Potatoes, Potato Roll, Onion, Bacon, Swiss, Provolone, Green Onions, Carolina BBQ Sauce, Ketchup, Mayonnaise, Sweet Relish, Dijon Mustard, Worcestershire Sauce.

meez meals

1. Roast the Potatoes

Preheat your oven to 425. Cut the **Fingerling Potatoes** in half, drizzle with olive oil, salt, and pepper. Place cut side down on baking sheet. Roast until potatoes are crispy on the bottom, about 16 to 18 minutes, then set aside.

2. Cook the Bacon & Onions

Once the potatoes are roasting, heat 1 Tbsp olive oil in a large skillet over medium heat. Add the **Bacon & Onions** and cook, stirring occasionally, until the onions are soft and translucent and the bacon is slightly crispy, about 8 to 10 minutes. Reduce the heat to low and divide the bacon and onions into two equal portions still in the skillet. Top each portion with **Seasoned Swiss & Provolone**, cover and cook until the cheese is completely melted, about 3 to 4 minutes.

3. Cook the Angus Beef Burger

Once the Bacon & Onions are cooking, heat a second large skillet over high heat. When the pan is hot, cook the **Angus Beef Burger** until the bottom and sides are brown, about 3 minutes. Flip and continue cooking for 2 minutes if you prefer your burger **medium rare**. (Cook for 3 minutes for **medium**, and 4 to 5 for **well done**). Remove from the skillet and set aside to rest for 5 minutes.

4. Grill the Potato Rolls

While the burgers are resting, use a paper towel to wipe excess oil out of the burger skillet. Place the **Potato Rolls** cut-side-down and grill until they start to brown, about 1 to 2 minutes.

5. Put It All Together

Spread the **Meez Burger Sauce** on both the cut sides of the rolls, then top with the burger and the Bacon & Onions/melted cheese. Use the extra sauce as a dip for the roasted potatoes. Enjoy!

The cheese should finish melting just as the burgers finish resting. If the cheese melts too quickly, turn off the heat and leave the Bacon & Onions/melted cheese covered until ready to top the burgers.

Instructions for two servings.

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

Upside-Down Asparagus & Gruyere Tart

This flaky tart tastes like summer. With a puff pastry crust, fresh asparagus, and green beans, and just the right amount of gruyere cheese, it's perfect with our strawberry vinaigrette.

Getting Organized

EQUIPMENT

Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Puff Pastry
Herbs & Sesame Seeds
Asparagus & Green Beans
Gruyere & Mozzarella Cheese
Arugula
Strawberry Vinaigrette

Add Protein Cooking Instructions

Integrate into recipe: When there is about 15 minutes left on the jambalaya, cook the protein and serve alongside the tart.

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 –850 Calories, 67g Fat, 23g Protein, 43g Carbs, 33 Freestyle Points.

Lightened up health snapshot per serving – 690 Calories, 53g Fat, 41g Carbs, 26 Freestyle Points by using two-thirds of the cheese and dressing.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Asparagus, Green Beans, Puff Pastry, Vegetable Oil, Arugula, Gruyere, Mozzarella, White Wine Vinegar, Lemon Juice, Strawberry, Miso, Dijon Mustard, Sugar, Garlic, Black and White Sesame Seeds, Savory, Black Pepper.

meezmeals

1. Get Started

Preheat the oven to 425.

2. Prep the Puff Pastry

Spray or brush a baking sheet with oil. Place the **Puff Pastry** on one side of the baking sheet, leaving the other half for veggies, which will come in the next step. Brush the top with olive oil. Sprinkle the **Herbs & Sesame Seeds** on the top, edge-to-edge, pressing down so they stick. Place in the oven to bake for 5 minutes.

3. Cook the Veggies and Puff Pastry

While the puff pastry is baking, toss the **Asparagus & Green Beans** with olive oil, salt and pepper in a large mixing bowl. Once the pastry has been baking for 5 minutes, add the asparagus and green beans to the puff pastry baking sheet in a single layer.

Once the vegetables have been cooking for about 10 minutes (and the pastry has been cooking for 15 minutes), add the **Gruyere & Mozzarella Cheese, Arugula**, and half of the **Strawberry Vinaigrette** to the veggies and toss right on the baking sheet.

Form the veggie mixture into two squares, each about the size of the puff pastry pieces. Place one puff pastry on top of each of the squares and cook for an additional 5 minutes, then remove from the oven and let rest for 5 minutes before serving.

4. Put It All Together

Drizzle the remaining Strawberry Vinaigrette over top the puff pastry and enjoy!

Instructions for two servings.

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

Brown Butter Gnocchi

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

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Butter (1½ Tbsp
per serving)
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Gnocchi
Grape Tomatoes
Garlic & Onions
Zucchini & Squash

Add Protein Cooking Instructions

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

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

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

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

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

Good to Know

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

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

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

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

meez *meals*

1. Getting Organized

Preheat oven to 400 degrees.

2. Toast the Gnocchi

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

3. Cook the Tomatoes

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

4. Cook the Veggies & Make the Butter Sauce

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

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

5. Put It All Together

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

Instructions for two servings.

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

Grilled Romaine Salad with Lemon Chive Chicken

Grilled romaine is one of our favorite tricks for upgrading a healthy salad into a superstar meal. We're serving it this week with chicken breast, a bright lemon-chive dressing, and topping it all with healthy cauliflower "bacon" crumbles. It's a speedy, healthy dinner that's on the table in a heartbeat.

Getting Organized

EQUIPMENT

- Large Skillet
- Cutting Board

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Chicken Breast
- Romaine Lettuce
- Cauliflower "Bacon" Crumbles
- Grape Tomatoes
- Pickled Red Onions
- Lemon-Chive Dressing

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 650 Calories, 47g Protein, 40g Fat, 27g Carbs, and 12 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



20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

INGREDIENTS: Chicken, Romaine Lettuce, Grape Tomatoes, Cauliflower, Red Onion, Mayonnaise, Chives, Lemon, Tamari, Chipotles in Adobo, Smoke Flavor, Vinegar, Maple Syrup Brown Sugar, Paprika, Sugar, Kosher Salt, Black Pepper,

meezmeals

1. Cook the Chicken

Pat dry the **Chicken Breasts** with a paper towel and sprinkle with salt and pepper. Heat a large skillet with 1½ Tbsp of olive oil over medium-high heat. When the oil is hot, add the chicken and cook until it is crisp and brown, about 4 minutes. Turn the chicken over and cook until the other side is brown as well, about 3 to 4 additional minutes. Remove from the heat and set aside. Do not wipe out the pan.

2. Grill the Romaine

Cut the **Romaine Lettuce** head in half the long way leaving the root at the bottom intact, so each romaine-heads half holds together. Arrange the romaine halves, cut-side-up, on a cutting board and drizzle with olive oil, salt and pepper.

Return the now-empty skillet to the stove over medium heat and place the romaine halves in the pan, cut-side-down. Cook until the leaves start to brown, about 2 minutes. Flip the romaine halves and cook the other side until it starts to brown, an additional 2 minutes. Return the romaine to the cutting board and cut into 1" pieces. Wipe out the skillet.

Fan out the romaine leaves so that the inside gets the oil, salt, and pepper as well.

3. Make the Cauliflower "Bacon" Crumbles

Return the now empty skillet to the stove over medium-high heat with 1½ Tbsp olive oil. When the oil is hot, add the **Cauliflower "Bacon" Crumbles** and sauté until they start to crisp and all the sauce is completely evaporated, about 3 minutes. Turn off the heat.

4. Putting It All Together

Drain the excess liquid from the **Pickled Red Onions** and layer over the chopped romaine and **Grape Tomatoes** (sliced in half if you prefer). Place the chicken breast on top and drizzle everything with the **Lemon-Chive Dressing**. Sprinkle the Cauliflower "Bacon" Crumbles over top and enjoy!

Instructions for two servings.

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