

Aztec Salad with Creamy Chipotle Dressing

5 Min
to Table

5 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

This is toss and serve!

From your Pantry

You'll need salt and pepper

Vegetable Primavera Rotini

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 and pepper.

Quick Tips



Chicken Florentine

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in large skillet.

From your Pantry

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

Raspberry Vinaigrette Tilapia

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in a large skillet.

From your Pantry

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

Steak Enchiladas with Pineapple Lime Salsa

40 Min
to Table

25 Min
Hands
On

2 Whisk
Easy

Getting Started

Preheat your oven to 375.

From Your Pantry

You'll need olive oil, salt and pepper.

Chicken Lettuce Wrap with Peanut Sauce

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of water to a boil.

From Your Pantry

You'll need a little Salt and Pepper

Mediterranean Lemon Chai Salmon with Pearl Couscous

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Leftovers Tip

Serve leftovers over lettuce

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need about 1/4 cup of flour per serving

Sweet & Sour Tofu Over Sesame Noodles

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water on to boil.

Meal Tip

You'll need olive oil, salt and pepper.

Brazilian Farro with Roasted Pineapple

30 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400 and put a saucepan of water on to boil.

Picky Eaters Tip

Serve their portion with olive oil instead of the vinaigrette.

Omnivore Option

Ground Turkey is delicious in this dish.

Andouille Sausage & Red Pepper Udon

20 Min
to Table

20 Min
Hands
On

2 Whisks
Easy

Getting Started

Warm the sausage and create a char.

From Your Pantry

You'll need some vegetable oil, eggs, salt and pepper.

Shrimp De Jonghe

40 Min
to Table

25 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to 400 degrees.

From Your Pantry

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

Meal Tip

Cook this in single serve ramekins for a restaurant feel.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmdnd daily)	
Raspberry Vinaigrette	820	48	54	42	9	160	7	26	30% Vitamin D	20% Iron
Tilapia (use 1/2 the almonds & 2/3 of the vinaigrette)	670		40	CC 22				20		
Chicken Florentine	580	60	27	36	8	1130	7	11	70% Vitamin A	35% Iron
Steak Enchiladas with Pineapple Lime Salsa	630	46	30	44	6	880	26	22	160% Vitamin C	70% Vitamin B6
Sweet & Sour Tofu Over Sesame Noodles	621	33	14	92	10	1624		12	167 % VitaminC	77% Calcium
Mediterranean Lemon Chai Salmon with Pearl Couscous	790	47	50	45	6	291	6	15	262% Vitamin C	54% Vitamin A
Chicken Lettuce Wrap with Peanut Sauce	550	66	24	26	6	466		12	148% Vitamin C	88% Vitamin A
Vegetable Primavera Rotini	800	35	44	73	10	1010	12	28	143% Vitamin C	48% Vitamin A
(Use 2/3rd of the sauce & 2/3rd of cheese)	660		33					21		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Shrimp De Jonghe	485	33	25	35	8	546		17	160% Vitamin C	42% Vitamin A
Andouille Sausage & Red Pepper Unda	660	33	40	43 CC 24		710	14	18	54% Vitamin A	43% Calcium
Brazilian Farro with Roasted Pineapple	770	11	43	90	11	136	x	26	100% Vitamin C	48% Vitamin B-6
½ the sauce and a sprinkle of seeds	500		15					16		
Aztec Salad with Avocado Chipotle Dressing	635	17	38	44	18	687		20	36% Vitamin B-6	165% 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 rcmndd daily)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

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

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

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

Raspberry Vinaigrette Tilapia

A restaurant-worthy dinner right in your kitchen. We're pairing seared tilapia with a fresh raspberry vinaigrette and serving it with a medley of barley, rice, wheat berries and quinoa. When tossed with brown butter and fresh asparagus and green beans on the side, it's bright and summery and on the table in a flash.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1½ Tbsp/svg)

5 MEEZ CONTAINERS

Asparagus & Green
Beans

Five-Grain Blend
Tilapia

Toasted Almonds
Raspberry Vinaigrette

Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of the five-grain blend, reducing the **carbs per serving to 22g**. Replace the five-grain-blend with the cauliflower in steps 2 and 4.

If you're making the gluten-free version, we've given you brown rice instead of the Five-Grain Blend. Prior to step 1, bring a saucepan of water to boil, then cook the brown rice brown rice for about 20 minutes, drain and let sit, covered, for 5 minutes. Use in place of the Five-Grain Blend in step 4.

Health snapshot per serving – 820 Calories, 54g Fat, 42g Carbs, 48g Protein, and 26 Freestyle Points.

Lightened-up health snapshot per serving – 670 Calories, 40g Fat, 38g Carbs, and 20 Freestyle Points, by using half of the Almonds and two-thirds of the Raspberry Vinaigrette. Refer to step 1 or step 2 like this.

INGREDIENTS: Tilapia, Five Grain Blend, Green Beans, Asparagus, Vegetable Oil, Almonds, Raspberry, White Wine Vinegar, Lime, Dijon Mustard, Basil, Sugar, Garlic, Black Pepper.


meez meals

1. Cook the Veggies

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asparagus & Green Beans** and season with salt and pepper. Cook until the green beans start to char, about 4 to 5 minutes. Transfer directly to serving plates. Wipe out the skillet.

2. Heat the 5 Grain Blend

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Five-Grain Blend** and sauté until the grains start to pop, about 2 to 3 minutes. Transfer to a bowl and set aside. Wipe out the skillet.

3. Cook the Tilapia

Pat dry the **Tilapia** and season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the tilapia and cook until it starts to brown, about 3 to 4 minutes. Flip and cook the other side, an additional 3 to 4 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Make the Brown Butter Sauce

Return the now-empty skillet to the stove with 3 Tbsp of butter over medium heat. Cook the butter until it browns (this is past the melted stage.) It will foam, then begin to smell nutty and turns golden brown. Stir constantly and remove from heat before it gets a chance to burn. Add half of the **Toasted Almonds**, the five-grain blend, and ¼ teaspoon of black pepper. Stir well and transfer to serving plates alongside the asparagus & green beans.

5. Put It All Together

Serve the tilapia on top of the butter grain mixture and drizzle the fish, edge-to-edge, with the **Raspberry Vinaigrette**. Sprinkle the remaining toasted almonds on top of the asparagus & green beans and 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

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 1/4" to 1/2" 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

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

Sweet & Sour Tofu Over Sesame Noodles

Sweet and Sour might be the world's favorite stir fry sauce. Soy, brown sugar, pineapple, and spices come together magically with seared peppers and onions, tofu and noodles, then serving it topped with caramelized pineapple. It's a delicious dinner we can't get enough of.

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

Tofu
Pineapple Rings
Peppers &
Onions
Somen Noodles
Sweet & Sour
Sauce
Herbs & Sesame
Seeds

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the sauce in step 6.

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

For **Carb Conscious**, we sent you broccoli instead of noodles, reducing the total carbs to **35g per serving**. Before step 4, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the broccoli and cook until it starts to char, about 2 to 3 minutes. Transfer directly to serving plates.

For **gluten-free**, cook rice noodles until tender, about 5 minutes, drain and rinse under cold water.

Health snapshot per serving – 621 Calories, 33g Protein, 14g Fat, 92g Carbs, 12 Freestyle Points.

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



INGREDIENTS: Tofu, Somen Noodles, Pineapple, Bell Peppers, Red Onion, Tomato, Ketchup, Sesame Seeds, Garlic, Basil, Mint, Red Wine Vinegar, Tamari, Brown Sugar.

meez meals

1. **Get Organized**

Bring a saucepan of water to boil with a few pinches of salt.

2. **Prepare the Tofu**

Heat 2 Tbsp of olive oil in the skillet over medium high heat. When the oil is hot, add the **Tofu** and cook until one side browns, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

3. **Make the Pineapple Ring**

Pat dry the **Pineapple Rings**, then arrange in a single layer in the now empty skillet over medium high heat. Cook until the pineapple starts to brown and caramelize, about 3 minutes. Flip and cook until the other side starts to brown and caramelize, about another 2 minutes. (It is ok if ring breaks, you just want the pineapple to be seared on 2 sides.) Remove from the skillet and set aside. Do not wipe out the pan.

4. **Sauté the Veggies**

Turn the heat to high, add 1 Tbsp olive oil to the now empty skillet. When the oil is hot, add the **Peppers & Onions** with a light sprinkle of salt and pepper. Cook until the peppers start to char, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

5. **Cook the Noodles**

Add the **Somen Noodles** to the boiling water and cook until al dente, about 3 minutes. Drain the noodles really well, return to the saucepan, and cover.

6. **Make the Sauce**

While the noodles are cooking, add the **Sweet & Sour Sauce** to the now empty skillet and bring it to a boil. Cook until the sauce starts to thicken and coats the back of a spoon, about 2 minutes. Stir in the tofu and the veggies and cook until they are warm, about 1 minute.

7. **Put It All Together**

Serve the tofu, veggies, and sauce over the noodles. Top with **Herbs & Sesame Seeds**, and cooked pineapple. Enjoy!

Instructions for two servings.

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

Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon chai dressing brings a sunny flavor to seared salmon. Served up with tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Dish or
Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Salmon
Broccoli
Lemon Chai Sauce
Feta Cheese

Make The Meal Your Own

If you're making the **carb conscious version** we sent you cauliflower "rice" instead of couscous, reducing the **carbs per serving to 31g**. Skip Steps 1 and 2. Prior to Step 3, heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the cauliflower and sauté until brown, 3 to 4 minutes. Serve in place of the couscous.

If you ordered the **gluten-free version**, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff and let sit covered for 5 minutes.

Good To Know

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 940 Calories, 46g Fat, 53g Protein, 80g Carbs, 24 Freestyle Points

Lightened up snapshot - 660 Calories, 30g Fat, 51g Carbs,
14 Freestyle Points by using 1/2 of the couscous
AND ½ the sauce.

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to view YouTube
cooking video**



INGREDIENTS: Broccoli, Salmon, Couscous, Grape Tomatoes, Feta Cheese, Vegetable Oil, Lemon Juice,
Green Onion, Brown Sugar, Garlic, Herbs and Spices

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

Any kind of flour will work here: all-purpose, rice flour, even tapioca flour. Use your favorite.

3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Chicken Lettuce Wrap with Peanut Sauce

Light and fresh, lettuce wraps make dinner fun. This week's recipe pairs chicken with rice noodles, bell pepper, zucchini and squash with our famous peanut sauce. Wrapped in a romaine lettuce, it's a light twist on dinner the whole family will love.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

6 MEEZ CONTAINERS

Chicken
Glass Noodles
Romaine Lettuce
Peanut Sauce
Fresh Veggies
Green Onions & Basil

Make the Meal Your Own

This dish is a little messy, so we suggest you embrace it and have a little fun. If you prefer, however you can **chop the romaine lettuce and create a salad** by tossing all the ingredients in a large mixing bowl.

Enjoy using your outdoor grill? The chicken in this dish will work perfectly when grilled outdoors to an internal temperature of 165 degrees.

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 – 550 Calories, 66g Protein, 24g Fat, 12 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, Romaine Lettuce, Red Pepper, Zucchini, Yellow Squash, Green Onion, Basil, Peanut Butter, Garlic, Ginger, Vinegar, Tamari, Brown Sugar, Cayenne,

meez meals

1. Getting Started

Set a saucepan of water to boil.

2. Cook the Chicken

Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 3 to 4 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 3 to 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 lengthwise into two and then create short strips, about ¼" to ½" wide and set aside.

3. Prepare the Noodles

Place the **Glass Noodles** in a mixing bowl and pour boiling water over the top. Let the noodles soak until they are soft, about 2 to 3 minutes. Drain well and set aside.

4. Put it all Together!

Spread the **Peanut Sauce** down the center of a **Romaine Lettuce** leaf. Add two or three chicken strips, then the glass noodles, **Fresh Veggies** and top with the **Green Onions & Basil**.

Repeat the process for additional romaine leaves. Enjoy!

*You will need to
boil enough
water to
completely
submerge the
glass noodles*

*Line everything
up in the
center of the
romaine
lettuce leaf.
It helps keep
everything
inside when
you take your
first bite.*

Instructions for two servings.

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

Vegetable Primavera Rotini

Think red peppers and summer squash infused with a light basil cream sauce and you've got an idea of the magic of this dinner. With seared zucchini, toasted capers and crunchy pepitas, it's a restaurant-worthy dinner that's on the table in just 15 minutes.

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rotini
Zucchini
Capers & Pepitas
Primavera Sauce
Parmesan

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and combine with the ingredients 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

Health snapshot per serving – 800 Calories, 35g Protein, 44g Fat, 73 Carbs, 27 Freestyle Points.

Lightened-Up Health snapshot per serving – 660 Calories, 33g Fat, 69 Carbs, 21 Freestyle Points using two-thirds of the sauce and two-thirds of the cheese.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Rotini, Zucchini, Summer Squash, Red Onions, Bell Peppers, Basil, Parmesan, Cream, Pepitas, Capers, Garlic, White Pepper, Oregano, Vegetable Stock, Lemon Juice, Lemon Peel.

meez meals

1. Cook the Rotini

Bring a large saucepan of water to boil. Add the **Rotini** to the boiling water and cook until al dente about 8 to 10 minutes. Drain the water using a colander and combine with sauce and vegetables as described in step 4.

2. Sear the Zucchini

While the rotini is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Zucchini** and sauté until it starts to char, about 2 minutes. Remove the zucchini and set aside. Do not wipe out the skillet.

3. Cook the Capers & Pepitas

Return the now-empty skillet to the stove over medium high heat. Add the **Capers & Pepitas** and cook, stirring very frequently, until the pepitas brown and capers begin to pop, about 3 to 5 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

4. Warm the Sauce and Combine the Ingredients

Return the now-empty skillet to the stove over medium high heat. Add the **Primavera Sauce** and bring to a boil. Cook until the sauce thickens enough to coat the back of a spoon, about 3 minutes.

Reduce the heat to low and add the seared zucchini and cooked rotini (as soon as it is finished.)

5. Put It All Together

Transfer the contents of the skillet to serving bowls and top with the **Parmesan** and capers & pepitas. Enjoy!

Instructions for two servings.

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

Shrimp De Jonghe

Shrimp De Jonghe is a Chicago classic — tender shrimp, buttery bread crumbs and plenty of garlic. We're putting a healthy spin on our version by adding fresh cauliflower and serving seared asparagus on the side, making it just right for the 21st Century.

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (2 Tbsp per serving)

6 MEEZ CONTAINERS

Cauliflower
Shrimp
Lemon & Wine Sauce
Garlic & Herbs
Seasoned Breadcrumbs
Asparagus

Good to Know

Make this a restaurant-style dinner by cooking in single-serving ramekins rather than a family-style loaf pan.

Shrimp de Jonghe was named for Henri de Jonghe's Monroe Street hotel and restaurant deJonghe's, where the dish was created in the late 19th century.

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

Health snapshot per serving – 480 Calories, 37g Protein, 25g 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: Shrimp, Cauliflower, Asparagus, Breadcrumbs, Garlic, Wine, Lemon, Paprika, Black Pepper, Parsley, Cayenne Pepper.

meez meals

1. Getting Started

Preheat oven to 400 degrees.

2. Roast The Cauliflower

Add the **Cauliflower** to a loaf pan and toss with a generous drizzle of olive oil. Bake for 15 to 20 minutes until the cauliflower begins to brown. Remove the cauliflower from the oven and set aside, still in the loaf pan.

Set your oven to broil (or 500, if you don't have a broil setting).

3. Create the De Jonghe

Pat dry and generously salt and pepper the **Shrimp**.

Add 4 Tbsp butter to a skillet over medium-high heat. Once the butter is melted, add the shrimp, **Lemon & Wine Sauce** and **Garlic & Herbs** to the pan. Sauté for 2 minutes.

Remove from heat and stir in the **Seasoned Breadcrumbs** until they are completely moistened by the sauce.

Add this mixture on top of the roasted cauliflower in the loaf pan but do not stir it. We want to keep the cauliflower on the bottom.

Place the loaf pan on the top rack of the oven and broil until the top is golden brown, about two minutes. (Every oven is different, so watch it closely the entire time so that it doesn't burn.)

Remove from oven and set aside.

4. Cook the Asparagus

In the now empty skillet, add 1 Tbsp olive oil over medium-high heat. When oil is hot, add the **Asparagus** and sauté until the asparagus is bright green and slightly charred, about 3 to 4 minutes.

5. Serve and Enjoy!

Use a large serving spoon to serve the Shrimp De Jonghe with the asparagus alongside. Enjoy!

*The shrimp
will not be
completely
cooked
after this
step but
will finish
cooking in
the oven.*

Instructions for two servings.

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

Andouille Sausage & Red Pepper Unda

We've been cooking tortillas "unda style" for years. It means "with egg," and it's the delicious result of cooking a tortilla right on top of an egg. You get an omelet layer on the taco that is just right with smoked gouda, bell peppers and andouille sausage. It's offbeat and crazy good.

20 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Vegetable Oil
Salt & Pepper
Eggs (2 per serving)

5 MEEZ CONTAINERS

Andouille Sausage
Peppers & Onions
Corn Tortillas
Cheddar & Smoked Gouda
Roasted Red Pepper Sauce

Make the Meal Your Own

If you ordered the **Carb Conscious version** we sent you zucchini instead of the tortillas, reducing the **carbs per serving to 24g**. Skip step 3. Prior to step 4, whisk 2 eggs per serving with a sprinkle of salt and pepper in a small bowl. Heat the skillet used in step 1 over medium high heat. Add the zucchini and sauté until it starts to brown about 3 minutes. Add the eggs and cheese. Use a spatula to continue folding over the eggs as they set. Once the eggs are finished cooking, turn off the heat and stir-in the sausage, peppers and onions. Transfer the contents to serving plates and drizzle with the Roasted Red Pepper Sauce. Enjoy!

Cooking with a picky eater? The cheese and egg unda is delicious on its own and packed with protein.

Health Snapshot per Serving – 660 Calories, 40g Fat, 43g Carbs, 33g Protein.

INGREDIENTS: Andouille Sausage, Bell Peppers, Corn Tortilla, Sour Cream, White Cheddar, Smoked Gouda, Roasted Red Pepper, Yellow Onion, Ancho Chili, Garlic, Basil, Lemon, Paprika, Allspice, Oregano, Sugar.

meez meals

1. Char the Sausage

Cut each of the **Andouille Sausages** in half length-wise and then into 1/2" slices forming half-moons. Cook in a large skillet over medium high heat, stirring occasionally, until they start to brown, about 4 to 5 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

The andouille sausage is fully cooked. This step is to warm it and create a slight char for additional flavor.

2. Sauté the Peppers & Onions

Cook the **Peppers & Onions** in the now-empty skillet over medium-high heat, stirring constantly, until they brown at the edges, about 3 to 4 minutes. Remove and set aside. Do not wipe out the skillet

3. Make the Undas

Heat 1 Tbsp olive oil in the now-empty skillet over medium heat.

Whisk 1 egg in a small bowl with a pinch of salt and pour it into the skillet. Use a spatula to keep the egg in circle shape about the size of the tortilla. Let it set for 10 to 15 seconds, then put one of the **Corn Tortillas** on top the egg. Cook for 30 more seconds, until the egg has set completely, then flip the egg & tortilla combination and sprinkle with 1/4 of the **Cheddar & Smoked Gouda** and 1/4 of the cooked peppers and onions. Cook until the cheese has melted and the bottom is golden.

We want the tortilla to stick to the egg. Because the yolk is still runny, the two will bond.

You can work in batches of 2 or 3, depending on the size of your skillet, to cook all the tortillas.

4. Put It All Together

Arrange the charred sausage over one-half of each unda, then fold in half like a taco. Drizzle with the **Roasted Red Pepper Sauce** and enjoy!

Brazilian Farro with Roasted Pineapple

Inspired by our favorite South American flavors. We're tossing farro with delicious cilantro vinaigrette, then mixing in roasted pineapple, sweet potatoes and seasoned sunflower seeds. It's a bowl of deliciousness that will get you planning a trip to Rio.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Rimmed Baking
Sheets
Mixing Bowl
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Farro
Sweet Potatoes
Pineapple
Seasoned
Sunflower
Seeds
Cilantro
Vinaigrette

Add Protein Cooking Instructions

Integrate into recipe: After putting the pineapple in the oven in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and toss with the farro and sweet potatoes.

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 brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

Health snapshot per serving – 770 Calories, 11g Protein, 43g Fat, 90g Carbs, 26 Smart Points

Lighten Up Snapshot per serving – 500 Calories, 6g Protein, 15g Fat, 82g Carbs, 16 Smart Points with ½ the sauce and a sprinkle of sunflower seeds.

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



INGREDIENTS: Sweet Potatoes, Farro, Pineapple, Sunflower Seeds, Olive Oil, Lemon, Apple Cider Vinegar, Cilantro, Brown Sugar, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 400 and put a saucepan of water on to boil.

2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain, and then return to the pot until you're ready to eat.

3. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer. Bake until golden brown, about 20 to 25 minutes, stirring once halfway through.

4. Roast the Pineapple

While the sweet potatoes are cooking, put the **Pineapple** on to a rimmed baking sheet. Drizzle with 1 tsp of olive oil and bake until golden brown, about 12 to 15 minutes.

There's no need to stir the pineapple while it's cooking.

5. Toast the Sunflower Seeds

Put the **Seasoned Sunflower Seeds** into a mixing bowl and add 1 tsp of water and ½ tsp olive oil. Mix well, then drain any excess liquid. Add the seeds to one of your baking sheets if there is room (if not, use a clean baking sheet). Bake until they start to blacken in places, about 7 to 10 minutes, stirring once halfway through.

Use a large mixing bowl for this so you can use it when you toss the entire meal in Step #6.

6. Put It All Together

Combine the farro and sweet potatoes in a large mixing bowl with the **Cilantro Vinaigrette**. Mix well, then serve topped with the seeds and pineapple.

Instructions for two servings.

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

Aztec Salad with Avocado Chipotle Dressing

A ridiculously tasty salad with our signature avocado chipotle buttermilk dressing. With plenty of fresh greens, black beans, corn and tortilla chips, it's the perfect toss & serve lunch or light dinner.

Getting Organized

EQUIPMENT

Large Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Spinach

Arcadian Lettuce

Corn, Tomato, &
Beans

Avocado

Chipotle

Dressing

Tricolor Chips

Add Protein Cooking Instructions

Integrate into recipe: Before assembling 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 – 580 Calories, 23g Protein, 62g Carbs, 29g Fat, 15 Freestyle Points.

5 Minutes to the Table

5 Minutes Hands On

1 Whisks Super Easy

INGREDIENTS: Spinach, Arcadian Lettuce Blend, Black Beans, Corn, Tomato, Queso Fresco, Red Onion, Cilantro, Mayonnaise, Avocado, Chipotles in Adobo, Garlic, Buttermilk, Coriander, Cumin.

meez meals

1. Assemble the Salad

Combine the **Spinach, Arcadian Lettuce**, and **Corn, Tomato, & Beans** in a mixing bowl with the **Avocado Chipotle Dressing**. Season with salt and pepper to taste.

2. Serve and Enjoy!

Top the mixed salad with the **Tricolor Chips** and enjoy!

Instructions for two servings.

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