

Salsa Fresca Fish Tacos

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Make the Taco Slaw and refrigerate.

From your Pantry

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

Caprese Spaghetti & Meatballs with Tomato Cream Sauce

20 Min
to Table

20 Min
Hands
On

1 Whisk
Easy

Getting Started

Put a saucepan of water onto boil.

From Your Pantry

You'll need olive oil, salt and pepper.

Quick Tips



Vegetarian Pad Thai

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water onto boil.

From Your Pantry

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

Lemon Chicken with Red Potatoes & Asparagus

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 425.

From your Pantry

You'll need olive oil, salt and pepper

Indian Grain Bowl with Mango Chili Sauce

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Slice up your Halloumi Cheese

From Your Pantry

You'll need olive oil, salt and pepper

Shrimp 'n' Chips, 'n' Chips 'n' Chips

30 Min to Table	30 Min Hands On	2 Whisk Easy
---------------------------	------------------------------	------------------------

Getting Started Preheat oven to 425.

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

Salmon Cakes with Dill Crema

40 Min to Table	40 Min Hands On	2 Whisks Easy
---------------------------	------------------------------	-------------------------

Getting Started Bring a large saucepan of water to boil.

From your Pantry You'll need an egg, flour, olive oil, salt and pepper.

Asparagus & Fontina Fritters with Whipped Ricotta

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Mix the Asparagus Fritter Batter.

From your Pantry You'll need olive oil, an egg, butter, milk, salt and pepper.

Parmesan Lemon-Chai Rigatoni with Broccoli

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Preheat your oven to 400 and put water on to boil.

Omnivore Option Sausage tastes great with this recipe.

From your Pantry Olive oil, salt & pepper; sugar & cayenne optional.

Waldorf Salad with Grilled Chicken

20 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	------------------------------	---------------------------------

Getting Started Marinate your chicken for 5 to 10 minutes.

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

Leftover Tips Make a great sandwich by putting the leftovers in pita bread.

Korean Beef Bulgogi

30 Min to Table	30 Min Hands On	2 Whisks Easy
---------------------------	------------------------------	-------------------------

Getting Started Bring 2 cups of water to boil in large saucepan.

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

Meal Tip Combine the ingredients in a bowl for a delicious stir-fry.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Vegetarian Pad Thai	720	47	29	72 CC 40	11	1780	17	12	50% Vitamin C	45% Vitamin A
(use 2/3 the noodles, pad thai sauce, & peanut mix)	600		26					7		
Lemon Chicken with Red Potatoes & Asparagus	530	50	19	38	7	560	10	11	25% Iron	45% Vitamin C
Caprese Spaghetti & Meatballs with Tomato Cream Sauce	840	30	42	78 CC 39	7	1420	25	29	140% Vitamin C	30% Vitamin A
(use 3/4 of the pasta, cheese, glaze & sauce)	690		35					23		
Shrimp 'n' Chips, 'n' Chips 'n' Chips	660	41	14	91	8	820	15	16	70% Vitamin A	35% Vitamin C
Salsa Fresca Fish Tacos	755	58	24	77 CC 42	13	420		16	22% Vitamin C	12% Calcium
(make two tacos instead of 3)	700		22					12		
Korean Beef Bulgogi	570	40	25	45 CC 34	8	716		17	287% Vitamin C	18% Calcium

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760		19	292% Vitamin C	67% Calcium
Salmon Cakes with Dill Crema	560	44	25	42	6	1090	12	11	95% Vitamin D	56% Vitamin A
Asparagus & Fontina Fritters with Whipped Ricotta	505	25	35	24	3	723		17	126% Vitamin A	61% Calcium
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Waldorf Salad with Grilled Chicken	745	66	35	52	9	220		22	93% Vitamin A	28% Vitamin Iron
(½ the dressing, raisins and nuts)	530		19					14		
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)	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.

Vegetarian Pad Thai

Sweet, tangy, and savory flavors come together in this satisfying noodle bowl. Tender rice noodles are coated in a classic Pad Thai-inspired sauce with tamarind, lime, garlic, and miso, then tossed with tofu, vegetables, and eggs. Finished with peanuts and cilantro, it's everything you love about Pad Thai—without the wait for delivery.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per svq.)

5 MEEZ

CONTAINERS

Rice Noodles
Tofu
Asian Veggies
Pad Thai Sauce
Peanuts &
Cilantro

Add Protein Instructions

Integrate into recipe: Prior to step 2, cook the protein according to the instructions below. Slice into ½" strips (flake the salmon, leave the shrimp whole) and stir into the noodles, sauce and veggies at the end of step 5.

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

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

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

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

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

Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of rice noodles, reducing the **carbs per serving to 40g**. Skip step 2. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Cook the zucchini noodles until charred, about 3 to 4 minutes. Remove from the skillet and use in place of the noodles in step 5.

Health snapshot per serving – 720 Calories, 29g Fat, 72g Carbs, 47g Protein, and 12 Freestyle Points.

Lightened-up health snapshot per serving – 600 Calories, 26g Fat, 54g Carbs, and 7 Freestyle Points, by using two-thirds of the noodles, pad Thai sauce, and peanut mix.

INGREDIENTS: Tofu, Rice Noodles, Carrot, Pea Pods, Broccoli, Green Onion, Tamari, Peanuts, Sugar, Tamarind, Lime, Cilantro, Garlic, Miso, Basil.

meez *meals*

1. **Get Organized**

Bring a large saucepan of water to a boil.

2. **Cook the Rice Noodles**

Add the **Rice Noodles** to the boiling water. As they cook, use a fork or tongs to separate the noodles. Cook until the noodles are almost soft, about 4 to 6 minutes. Drain and rinse under cold water. Set aside until step 5.

3. **Cook the Tofu**

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 **Tofu** and cook for 1 to 2 minutes undisturbed, until brown on one side. Stir and cook for an additional 2 minutes. Remove from the skillet and set aside until step 5. Wipe out the skillet.

4. **Cook the Veggies & Eggs**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Asian Veggies** with a sprinkle of salt and pepper. Cook until the broccoli starts to char and soften, about 5 to 6 minutes. Move the veggies to one side of the skillet and crack 2 eggs directly into the other side of the skillet. Cook until the eggs begin to set and then use a spatula to mix the eggs in place until fully cooked, about 2 minutes. Stir together the scrambled eggs and veggies.

5. **Put It All Together**

Add the cooked noodles and **Pad Thai Sauce** to the skillet along with the veggies and eggs and warm over medium-high heat. Gently stir frequently until everything is warm and most of the liquid has been absorbed, about 3 minutes. Turn off the heat and gently stir in the cooked tofu.

Crush the **Peanuts & Cilantro** in the bag using a mallet or the bottom of a saucepan. Serve the Pad Thai topped with the crushed peanuts and cilantro. Enjoy!

The noodles will soften further in step 5 so be sure not to overcook them.

Instructions for two servings.

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

Lemon Chicken with Red Potatoes & Asparagus

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Simple, sophisticated and delicious. We are hooked on this gem. We're smothering all-natural chicken breasts with a light lemon cream sauce and serving it up with roasted red potatoes and asparagus. It's summer cooking at its best and on the table in just thirty minutes.

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Red Potatoes
Chicken
Asparagus
Lemon
Creamy Lemon Sauce

Good to Know

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

Health snapshot per serving – 530 Calories, 19g Fat, 38g Carbs, 50g Protein, and 11 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: Chicken, Red Potatoes, Asparagus, Lemon, Cream, White Wine, Chicken Stock, Garlic, White Pepper, Savory

meez  meals

1. Get Organized

Preheat the oven to 425.

2. Roast the Potatoes

Cut the **Red Potatoes** in half and place, cut side down, on a baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are brown on the outside and tender inside, about 25 minutes. Remove from the oven.

3. Cook the Chicken

While the potatoes are roasting, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Chicken Breasts** and season with salt and pepper. When the oil is very hot, add the chicken and cook until crisp and brown, about 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Remove from the skillet and allow to rest for 5 minutes, then place directly on your serving plates. Wipe out the skillet.

4. Cook the Asparagus

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Asparagus** and sprinkle lightly with salt and pepper. Slice the **Lemon** in half crosswise and sear alongside the asparagus. Cook, the asparagus, stirring occasionally, until it starts to brown, about 5 to 6 minutes. Transfer the asparagus and lemon directly to serving plates. Wipe out the skillet.

5. Make the Cream Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Creamy Lemon Sauce** and bring to a boil, then lower the heat to medium-low and cook until it thickens enough to coat the back of a spoon, about 3 minutes, stirring frequently to keep it from burning. Pour over the chicken from edge-to-edge.

6. Put It All Together

Serve the potatoes alongside the chicken and the asparagus. Squeeze the grilled lemon over the entire dish. Enjoy!

Instructions for two servings.

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

Caprese Spaghetti & Meatballs with Tomato Cream Sauce

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

We're taking classic spaghetti and meatballs somewhere brighter and more refined. A creamy tomato sauce coats the pasta and tender beef meatballs, while fresh mozzarella adds soft, cool bites throughout. Finished with balsamic-glazed vegetables for sweetness and depth, it's an elevated dinner the whole family can get behind.

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Spaghetti
Zucchini & Onions
Balsamic Glaze
Beef Meatballs
Tomato Cream Sauce
Fresh Mozzarella

Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of spaghetti, reducing the **carbs per serving to 39g**. Skip step 1 and 2. Prior to cooking the veggies in step 3, heat 1 Tbsp olive oil in a large skillet and sauté the zucchini noodles until seared. Use in place of the spaghetti.

Health snapshot per serving – 840 Calories, 42g Fat, 78g Carbs, 30g Protein, and 29 Freestyle Points.

Lightened-up health snapshot per serving – 690 Calories, 35g Fat, 60g Carbs, and 23 Freestyle Points, by using three-fourths of the spaghetti, tomato cream sauce, balsamic glaze, and Fresh Mozzarella.

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: Spaghetti, Beef Meatballs, Tomato, Zucchini, Fresh Mozzarella, Yellow Onion, Cream, Red Bell Pepper, Yellow Bell Pepper, Balsamic Vinegar, Brown Sugar, Red Onion, Basil, Olive Oil, Sugar, Tomato Paste, Kosher Salt, Black Pepper, Fennel.

meez meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Pasta

Add the **Spaghetti** to the boiling water with a pinch of salt and cook until al dente, about 10 minutes. Drain well and set aside in the colander. Wipe out the saucepan.

3. Cook the Glazed Veggies

While the spaghetti is cooking, heat 1 Tbsp olive oil in a medium skillet over medium-high heat. Add the **Zucchini & Onions** with a sprinkle of salt and pepper. Cook until the zucchini is charred and onions have softened, 4 to 5 minutes. Add the **Balsamic Glaze** and stir well to coat the veggies. Reduce the heat to medium and continue to cook until the glazed has thickened, about 4 to 5 minutes. Remove from the heat and set aside.

4. Heat the Meatballs and Sauce

Once the spaghetti is finished cooking, return the now-empty saucepan to the stove over medium-high heat. When it is hot, add the **Beef Meatballs** and cook until they start to char, about 2 to 3 minutes. Add the **Tomato Cream Sauce** and bring to a boil. Reduce the heat to low and continue to simmer until the sauce has thickened slightly and the peppers have softened, about 6 to 7 minutes. Remove from the heat and stir in the cooked spaghetti and the **Fresh Mozzarella**.

The Fresh Mozzarella will get warm but will not melt.

5. Put It All Together

Serve the spaghetti and meatballs topped with the balsamic glazed veggies. Enjoy!

Instructions for two servings.

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

Shrimp 'n' Chips, 'n' Chips, 'n' Chips

We had a blast with this recipe! Our riff on the classic English fish 'n' chips swaps crispy panko-crusting shrimp in for the traditional fried cod and gives you chips three ways: fingerling steak fries, sweet potato cottage fries, and crispy green bean fries. It's as delicious as it is fun.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowls
- 2 Baking Sheets

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

- Fingerling Potatoes
- Green Beans
- Sweet Potatoes
- Seasoned Panko
- Shrimp
- Cocktail Tartar Sauce

Good to Know

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

Health snapshot per serving- 660 Calories, 41g Protein, 14g Fat, 91g Carbs, and 16 Freestyle Points.

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



INGREDIENTS: Shrimp, Fingerling Potatoes, Sweet Potatoes, Green Beans, Panko Breading, Ketchup, Tomato Sauce, Mayonnaise, Relish, Lemon, Worcestershire Sauce, Horseradish, Paprika, Garlic, White Pepper.

meez *meals*

1. Get Started

Preheat the oven to 425.

2. Cook the Fingerling Steak Fries

Slice the **Fingerling Potatoes** lengthwise into quarters so they are roughly the shape of steak fries. Transfer to a baking sheet and toss with olive oil, salt and pepper, then arrange in a single layer. Bake until they are golden brown, about 25 minutes.

3. Cook the Sweet Potato Cottage Fries and Green Bean Fries

While the fingerlings are baking, place the **Green Beans** on a second baking sheet, toss with olive oil, salt and pepper and arrange in a single layer on one half of the baking sheet.

Place the sliced **Sweet Potatoes** in a mixing bowl with 1½ Tbsp olive oil and one-third of the **Seasoned Panko**. Mix until the potatoes are coated and transfer the entire contents of the bowl to the other half of the second baking sheet in a single layer next to the green beans.

Bake until the green beans are hot and the sweet potatoes are fork tender, about 15 minutes.

4. Cook the Shrimp

While the sweet potatoes and green beans are baking, whisk 2 eggs in a small bowl. Spread the remaining Seasoned Panko on one plate and ¼ cup of flour on a second plate. Pat dry the **Shrimp** and then dip each one into the flour, then the egg, and then the panko (push into the coating and press more down on top to coat the shrimp with as much panko as possible). Repeat until all shrimp are coated.

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the coated shrimp in a single layer. Cook undisturbed, until the crust turns golden brown, about 2 minutes. Flip and cook for an additional minute.

5. Put It All Together

Serve shrimp alongside the fingerling steak fries, sweet potato cottage fries, and green bean fries. Use the **Cocktail Tartar Sauce** for dipping. Enjoy!

We send the fingerlings whole to maintain their freshness.

Wait to cook the shrimp until they have all been coated. If you need to work in batches to get them in a single layer, go ahead and do that.

Instructions for two servings.

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

Salsa Fresca Fish Tacos

The Meez version of classic fish tacos is as delicious as you think. Lightly breaded, crispy tilapia. Cabbage and jicama slaw. Fresh pico de gallo salsa. Tasty pineapple crema. On the table in less than thirty minutes. That's the magic of Meez.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Mixing Bowl
- Large Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1/8 cup per serving)
- Egg (1 per serving)

6 MEEZ CONTAINERS

- Taco Slaw
- Pineapple Crema
- Tilapia
- Tortilla
- Salsa Fresca (pico de gallo)
- Queso Fresco (cheese)

Good to Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas. If you the romaine to make a fish taco salad, and leave out the eggs and flour, **carbs per serving are reduced to 36g**.

Tilapia is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

Health snapshot per serving – 755 Calories, 58g Protein, 24g Fat, 77g Carbs, 16 Freestyle points

Lightened-Up Health snapshot per serving – 625 Calories 22g Fat, 54g Carbs, 12 Freestyle points by making two heavily loaded tacos per serving instead of three (not using 1/3 of the tortillas).

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, Tortilla, Cabbage, Jicama, Red Radish, Queso Fresco Cheese, Tomato, Onion, Cilantro, Pineapple, Lime, Sour Cream, Mayonnaise.

meez *meals*

1. **Mix the Taco Slaw**

Combine the **Taco Slaw** with half the **Pineapple Crema** in a large mixing bowl and mix well. Refrigerate until you're ready to serve.

2. **Prepare the Tilapia**

Mix 2 eggs in a small bowl. Pour ¼ cup flour on a plate, add a generous amount of salt and pepper and mix well. Pat the **Tilapia** dry with a paper towel. Dip the tilapia into the egg, covering both sides. Let the excess egg drip off, then press the tilapia into the flour, flip and repeat to coat both sides. Repeat for each piece of fish.

3. **Cook the Tilapia**

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, shake any excess flour off the tilapia and cook until it is light brown on the bottom and the edges start to brown, about 3 to 4 minutes. Flip and cook until the other side browns, another 3 to 4 minutes. Remove the tilapia from the skillet and set aside to rest for 5 minutes. Wipe out the pan.

Once the tilapia has rested, cut each filet into 3 long strips.

4. **Warm the Tortillas**

While the tilapia is resting, return the now empty skillet to the stove over medium heat. When the pan is hot, heat the **Tortillas** until they are soft and warm, about 20 to 30 seconds per side.

5. **Put It All Together**

Fill each tortilla with a generous helping of the taco slaw and place the tilapia strips on top. Cover the fish with the **Salsa Fresca**, the rest of the Pineapple Crema, and sprinkle with the **Queso Fresco** (cheese). Enjoy!

Instructions for two servings.

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

Korean Beef Bulgogi

Super fresh, super fast, super delicious. This dinner has it all. Grilled steak served up on fresh lettuce rolls with rice, stir fried carrots and cabbage is delicious on its own. But when topped with peanuts, basil, green onions and our delicious Bulgogi sauce, it's Meez magic.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

7 MEEZ CONTAINERS

Jasmine Rice
Steak
Red Cabbage & Carrots
Romaine Lettuce
Bulgogi Sauce
Gochujang
Peanuts, Basil & Green
Onions

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 34g**. Skip step 1. Prior to step 3., heat 1 Tbsp olive oil in a large skillet over high heat. Sauté the cauliflower "rice" until it starts to brown, about 2 to 3 minutes. Set aside and use in place of rice in step 5.

As an alternative to lettuce wraps, you can combine the ingredients in a bowl for a delicious stir-fry.

Gluten Free? You received Sriracha sauce because the Gochujang contains wheat.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

Health snapshot per serving – 570 Calories,
40g Protein, 25g Fat, 45g Carbs, 17 Smart Points

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



INGREDIENTS: Steak, Jasmine Rice, Romaine Lettuce, Red Cabbage, Carrots, Tamari, Mirin, Peanuts, Gochujang, Sesame Oil, Garlic, Ginger, Sesame Seeds, Basil, Green Onions

meez meals

1. **Get Organized**

Bring water to a boil in a large saucepan.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

3. **Cook the Steak**

While the rice is cooking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks.

Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 min.

Once the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

4. **Cook the Red Cabbage & Carrots**

While the steaks are resting, heat 1 Tbsp oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red Cabbage & Carrots** and cook, stirring constantly, until the vegetables start to brown on the edges, about 7 minutes.

5. **Put it All Together**

Arrange the **Romaine Lettuce** on a plate and spread the thick, spicy, red **Gochujang** sauce across each leaf (will be your shell) as desired to taste. Top with a thin layer of rice, a little of the **Bulgogi Sauce** (the thinner brown sauce), red cabbage & carrots, sliced steak and add some additional Bulgogi Sauce on top of the steak.

Finish it off with the **Peanuts, Basil, & Green Onions** and enjoy!

You just need enough water to completely cover the rice.

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Each family member can add the delicious Gochujang to their romaine lettuce leaf depending on how much they enjoy spicy food.

Instructions for two servings.

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

Parmesan Lemon-Chai Rigatoni with Broccoli

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Sugar (Optional)
Cayenne
(Optional)

5 MEEZ CONTAINERS

Walnuts
Broccoli
Rigatoni
Lemon-Chai
Vinaigrette
Parmesan
Cheese

Add Protein Cooking Instructions

Integrate into recipe: Before Step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) then serve with the broccoli and sauce 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're making the **vegan version**, we've left the parmesan out. For the **Carb Conscious version**, we sent you zucchini "noodles" instead of pasta, reducing the **carbs per serving to 23g**. Prior to step 3, heat 1 Tbsp oil in a large skillet and cook the zucchini noodles, stirring frequently, for about 4 to 5 minutes. Place immediately in your serving bowls and continue to Step 3.

Health snapshot per serving –850 Calories, 52g Fat, 76g Carbs 26g Protein, 30 Smart Points

Lightened up health snapshot per serving – 690 Calories, 37g Fat, and 73g Carbs by using half of the cheese & nuts and half of the vinaigrette.

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

meez *meals*

1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

Your nuts are done when the sauce begins to stick to them.

3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

5. Put It All Together

Add the broccoli to the rigatoni with the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Salmon Cakes with Dill Crema

Get ready for fine dining at home. We're mixing up tender salmon with mashed potatoes and sautéed veggies for a sophisticated cake worthy of your favorite white-tablecloth restaurant. Served over fresh greens with a rich Dill Crema sauce, it's an elegant dinner we can't get enough of.

40 Minutes to the Table

40 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan
- 2 Large Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (2 Tbsp)
- Egg (1)

6 MEEZ CONTAINERS

- Potatoes
- Dill Crema
- Salmon
- Lemon
- Green Onion, Carrots & Celery
- Spinach, Arugula & Radicchio

Good To Know

Make ahead: You can get a jump on dinner by mixing the salmon cakes through step 4 the night before. Then just shape the cakes and pick up on step #5 when you're ready to eat. Dinner will be on the table in just five minutes.

Our salmon is responsibly fished, so it's free from dyes, antibiotics, and any industrial grain-based diets.

Health snapshot per serving – 560 Calories, 25g Fat, 42g Carbs, 44g Protein and 11 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, Potatoes, Spinach, Arugula, Radicchio, Carrot, Celery, Sweet Relish, Dill, Green Onion, Sour Cream, Cream, Capers, Lemon, White Pepper, Curry Powder, Kosher Salt.

meez meals

1. Cook the Potatoes

Bring a large saucepan of water to boil with a pinch of salt. Add the **Potatoes** to the boiling water and cook until they are fork tender, about 12 to 15 minutes. Drain well and transfer to a large mixing bowl with 2 Tbsp of the **Dill Crema**. Use a potato masher or slotted spoon to mash the potatoes. (Lumps are completely fine.) Set aside until step 4.

2. Prepare the Salmon

While the potatoes are cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). When the oil is hot, add the salmon and cook until it starts to brown, about 2 minutes. Flip and cook the other side until it is also slightly brown, an additional 2 minutes. (The salmon will not be fully cooked at this point but will finish cooking in step 5.) Transfer the salmon to a cutting board to rest for 5 minutes. Do not wipe out the skillet. Once the salmon has rested, cut it into roughly ½" pieces and transfer to the large mixing bowl with the potatoes.

3. Char the Lemon and Sauté the Veggies

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. Slice the **Lemon** in half. When the oil is hot, add the **Green Onion, Carrots & Celery**, and lemon, cut side down to the skillet. Cook the lemon undisturbed and sauté the veggies until the onions appear translucent, about 4 to 5 minutes. Set the lemon aside and transfer the veggies to the large mixing bowl. Wipe out the pan.

4. Make the Cakes

Whisk 1 egg and 2 Tbsp flour in a small bowl and add to the large mixing bowl (which should now contain the mashed potatoes, salmon, sautéed veggies, and egg/flour mixture). Stir well and place in the freezer to cool for about 5 minutes. Form the cakes into 3 balls per serving and flatten into disks about 2½ inches in diameter and about ½ to ¾ inches thick.

5. Cook the Cakes

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cakes and cook until the bottoms are golden brown, about 2 minutes. Flip and cook until the other sides are also golden, an additional 2 minutes. (You may have to work in batches and add more oil to the skillet for subsequent batches.)

6. Put It All Together

While the cakes are cooking, put the **Spinach, Arugula & Radicchio** in a second large mixing bowl and toss with a drizzle of olive oil, a sprinkle of salt and pepper, and a squeeze of half of the charred lemon. Serve the salmon cakes on top of the salad greens. Add a generous dollop of the Dill Crema to each cake and squeeze the other half of the lemon over top. Enjoy!

Asparagus & Fontina Fritters with Whipped Ricotta

There's something about fritters we just love. And with their crispy, crunchy texture, they're a meal the whole family loves. We're cooking them up this week with asparagus and fontina, served over a bed of spinach and arugula. Topped with whipped ricotta and chives and a delicious cider glaze, it's a sophisticated, delicious dinner that's on the table in less than 15 minutes

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Salt & Pepper
- Egg (1)
- Butter (3 Tbsp)
- Milk (1/3 cup)

6 MEEZ CONTAINERS

- Asparagus
- Fontina & Flour
- Onions, Leeks & Garlic
- Spinach & Arugula
- Cider Glaze
- Ricotta & Chives

Add Protein Cooking Instructions

Integrate into recipe: Prior to Step 2, cook the protein (per instructions below) then serve alongside the fritters in Step 5.

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

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

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

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

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

Good To Know

Health snapshot per serving – 505 Calories, 25g Protein, 35g Fat, 24g Carbs, and 17 Freestyle Points.

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



INGREDIENTS: Asparagus, Spinach, Arugula, Flour, Baking Powder, Fontina, Ricotta, Onion, Leek, Garlic, Chive, Apple, Lemon, Sugar, Apple Cider Vinegar.

meez *meals*

1. **Make the Asparagus Fritter Batter**

Crack 1 egg into a large mixing bowl and mix well. Melt 1 Tbsp butter in the microwave or stove and add to the large mixing bowl along with 1/3 cup milk, 1 teaspoon salt, the **Asparagus, Fontina & Flour**, and **Onions, Leeks & Garlic**.

Gently stir until all ingredients are just mixed in. (Avoid overworking the batter.)

2. **Cook the Fritters**

Melt 2 Tbsp butter in a large skillet over medium high heat. When the butter is melted, ladle the batter on to the skillet, using a measuring cup, forming a fritter about 3" in diameter and about ½' thick. You should have approximately four fritters. Cook the fritters until golden brown, about 3 to 4 minutes per side.

3. **Put It All Together**

Arrange the **Spinach & Arugula** on serving plates and drizzle with half the **Cider Glaze**. Top with the Asparagus Fritters and drizzle with the remaining Cider Glaze. Top each fritter with a dollop of **Ricotta & Chives** and enjoy!

Instructions for two servings.

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

Indian Grain Bowl with Mango Chili Sauce

There's nothing traditional about this test-kitchen favorite. We're using a mango-chili sauce to give an Indian flair to this hearty seared halloumi and grain bowl. Finished with a fresh cucumber salsa, the result is a speedy dinner that's totally unique!

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

6 MEEZ

CONTAINERS

Halloumi Cheese

Grape Tomatoes

5-Grain Blend

Seasoned

Hominy

Cucumber Salsa

Mango Chili

Sauce

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the grains in Step 3.

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

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

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

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

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

Good to Know

If you're cooking the **Carb Conscious version**, we sent you cauliflower "rice" instead of the 5-Grain Blend reducing the **carbs to 33g per serving**. Heat 1 Tbsp olive oil in a large skillet over high heat and sauté until it starts to brown, about 3 to 4 minutes. Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

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. Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

Health snapshot per serving – 580 Calories, 30g Protein, 26g Fat, 57g carbs, 19 Freestyle Points.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Halloumi Cheese, Hominy, Corn, Cucumber, Red Onion, Tomato, Mango, Mae Ploy, Barley, Wild Rice, Wheat Berries, White Quinoa, Red Quinoa, Olive Oil, Garlic, Cilantro, Ginger, Coriander, Turmeric, Garam Masala, Cumin, Fenugreek, Lime, Salt.

meez *meals*

1. Grill the Halloumi

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.

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 to 3 minutes. Do not wipe out pan.

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

2. Make the 5-Grain Blend and Hominy

Put the **Grape Tomatoes** in a ziplock bag and squish.

Return the now-empty skillet to the stove over medium heat with 1 Tbsp olive oil. When the oil is hot, add the **5-Grain Blend** and **Seasoned Hominy**. Sauté until the grains are hot, about 2 minutes. Turn off the heat and stir in the squished tomatoes, including the juices from the ziplock bag.

Transfer the contents of the skillet directly to serving bowls.

3. Put It All Together

Serve the grilled Halloumi on top of the grains. Top with the **Cucumber Salsa** and a generous drizzle of the **Mango Chili Sauce**. Enjoy!.

Instructions for two servings.

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

Waldorf Salad with Grilled Chicken

We're putting a Meez spin on a Waldorf salad this week. We love the sweet, crunchy, creaminess that is a classic Waldorf, but wanted something that felt more like a dinner. We added fresh broccoli and carrots, and Grilled Chicken, complimented by the traditional crisp apples, and plenty of raisins and nuts. The result is a dinner that's even better than the inspiration.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Sauté Pan
Large Mixing Bowl
Shallow Plate

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Broccoli and Carrots
Gala Apple
Pecans and Raisins
Yogurt Dressing
Onions

Make The Meal Your Own

Leftovers from this dish make a great sandwich the next day. Put the leftovers in pita bread and top with a little leftover dressing.

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

Good To Know

Health snapshot per serving – 580 Calories, 68g Protein, 20g Fat, 36g Carbs, and 9 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: Free-Range Chicken, Broccoli, Apple, Greek Yogurt, Mayonnaise, Raisins, Pecans, Carrots, Onions, Sugar, Lemon Juice

*meez*meals

1. Prep the Chicken

Place the **Chicken Breasts** on a shallow plate and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Coat the chicken with one quarter of the **Yogurt Dressing** and let marinate for 5-10 minutes. Use just enough dressing to lightly coat the chicken. Do not use the dressing after marinating.

The longer you marinate the chicken the more tender it will be to eat.

2. Make the Salad

While the chicken is marinating, put the **Broccoli and Carrots, Onions** and the **Pecans and Raisins** in a large mixing bowl. Cut the **Gala Apple** into quarter inch to half inch slices, but make sure to remove the core. Add to the broccoli and carrots and toss with half of the remaining yogurt dressing. Salt and pepper to taste, and put in refrigerator until the chicken is cooked.

Remove core by cutting the apple on 4 sides. Slice each side into ½" slices, then rotate each side 90 degrees and cut again in ½" slices.

3. Cooking the Chicken

Heat a large sauté pan with 1-Tbsp of olive oil on medium high heat. Add marinated chicken to the pan and cook for 3-4 minutes. You want the chicken to get crisp and brown on each side. Turn the chicken over and cook for another 3-4 minutes. Once chicken is cooked, place on cutting board to rest for 5 minutes.

When you put chicken in pan, just leave it so you get the crispy brown bits which are a big part of the flavor.

4. Putting It All Together

Slice the chicken in about half inch slices. Put the sliced chicken on top of the salad. Top with remaining dressing. Enjoy!

Love this recipe? #meezmagic

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