

### *Meez Chicken Caesar Salad*

**30 Min**  
to Table

**30 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 eggs,  
olive oil, salt and  
pepper.

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### *Ultimate Steak French Dip*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

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**Getting Started**

Preheat the oven to  
425.

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**From Your Pantry**

You'll need olive oil,  
salt & pepper

# Quick Tips



### *Spinach Pancakes with Basil Corn Relish*

**40 Min**  
to Table

**40 Min**  
Hands  
On

**2 Whisks**  
Easy

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**Getting Started**

Preheat your oven to  
375 and heat your  
griddle or skillet.

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**From Your Pantry**

You'll need milk, eggs  
and butter.

### *Cuban Chicken Quesadilla*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**2 Whisks**  
Easy

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**Getting Started**

Preheat your oven to  
400.

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**From your Pantry**

You'll need olive oil,  
salt and pepper.

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### *Mojo Verde Shrimp & Spanish Rice*

**30 Min**  
to Table

**30 Min**  
Hands  
On

**2 Whisks**  
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

### *Farro with Sautéed Asparagus & Roasted Pear*

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<b>15 Min</b> to Table	<b>45 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400, & put a pot of water on to boil.

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

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### *Raspberry Vinaigrette Tilapia*

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<b>25 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> 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, butter, salt & pepper

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### *Green Chile Veggie Burrito*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Warm the tortillas.

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

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### *Red Chimichurri Salmon with Roasted Vegetables*

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<b>35 Min</b> to Table	<b>25 Min</b> Hands On	<b>1 Whisk</b> 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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### *Udon Noodles with Spicy Green Beans*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a large pot of water on to boil.

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**Omnivore Option** Pork is a natural addition to this dish.

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### *Smoky Sausage and Caramelized Onion Flatbread*

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<b>20 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 450.

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

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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 rcmndd daily)	
Smoky Sausage and Caramelized Onion Flatbread	830	27	52	64	3	1110	15	29	40% Vitamin A	35% Vitamin C
(use 1/2 the pecorino & ricotta sauce, 1/2 the glaze, skip the dollop)	650		39					22		
Cuban Chicken Quesadilla	910	73	48	45	4	1520		27	59% Calcium	19% Iron
(1/2 the tortillas and cheese)	630		33					18		
Farro With Sautéed Asparagus & Roasted Pear	610	23	32	71	17	545		14	50% Vitamin C	58% Folate
Mojo Verde Shrimp & Spanish Rice	650	37	19	84	7	830	8	15	60% Vitamin A	130% Vitamin C
Udon Noodles with Spicy Green Beans	580	29	18	84	17	445		17	64% Vitamin A	71% Vitamin C
Red Chimichurri Salmon with Roasted Veggies	650	21	47	34	6	560	9	18	120% Vitmain A	60% Vitmain C

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd 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		
Green Chile Veggie Burrito	640	23	23	83 CC 40	10	1550	9	17	25% Calcium	210% Vitamin C
Ultimate Steak French Dip (use 1/2 bread, aioli and coleslaw)	840 630	58	36 29	75	9	2140	23	24 17	70% Vitamin A	60% Iron
Spinach Pancakes with Basil Corn Relish (½ the citrus cream and ½ corn salsa)	690 520	29	42 30	57	7	1077		25 16	88% Vitamin C	75% Folate
Meez Chicken Caesar Salad	515	73	17	19	9	374	7	10	457% Vitamin A	210% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Preotein 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)	
Molten Chocolate Cake	420	6	20	62	4	300			10% Iron	
THE Carrot Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Belgian Chocolate Vegan Brownies	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter 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.*

# Smoky Sausage and Caramelized Onion Flatbread

Caramelized onions meet smoky sausage and creamy ricotta in this richly layered flatbread. A pecorino cheese sauce creates a savory base, while the peach balsamic glaze adds just the right touch of sweetness to balance every bite. Finished with fresh arugula, it's bold, modern, and deeply satisfying.

**30** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Smoky Sausage  
Zucchini & Onions  
Pecorino & Ricotta  
Sauce  
Flatbread  
Arugula  
Balsamic Peach Glaze

## Good to Know

**Health snapshot per serving** – 830 Calories, 52g Fat, 64g Carbs, 27g Protein, and 29 Freestyle Points.

**Lightened-up health snapshot per serving** – 650 Calories, 39g Fat, 52g Carbs, and 22 Freestyle Points, by using half of the pecorino & ricotta sauce and half of the glaze. Skip the dollop in step 5 and use half of the glaze to drizzle.

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

INGREDIENTS: Naan Flatbread, Smoky Sausage, Zucchini, Cream, Ricotta, Arugula, White Peach, Yellow Onion, White Balsamic, Pecorino, Fig, Lemon, Chive.

meez *meals*

## 1. Get Organized

Preheat the oven to 450. Spray or brush a baking sheet with oil.

## 2. Sear the Smokey Sausage

Slice the **Smoky Sausage** into ¼" to ½" rounds. Heat a large skillet over medium-high heat. When the skillet is hot, add the sausage rounds and cook until they start to sear, about 2 minutes on each side. Remove the sausage from the skillet (but leave the oil) and set aside until step 4. Do not wipe out the skillet.

## 3. Caramelize the Veggies

Add 1 Tbsp olive oil to the skillet with the sausage oil and heat over medium-high heat. When the oil is hot, add the **Zucchini & Onions** with a sprinkle of salt and pepper. Cook until the veggies brown, about 4 to 5 minutes. Remove from the heat.

## 4. Build the Flatbreads

Place the **Flatbreads** on the oiled baking sheet and spread half of the **Pecorino & Ricotta Sauce** (the white sauce in the plastic container) evenly on top and retain the remainder of the sauce to be added after cooking. Add the caramelized onions & zucchini and then the seared sausage on top, edge-to-edge. Bake until the edges crisp, 12 to 15 minutes. Remove from the oven, top with the **Arugula** and bake for an additional 5 minutes. Remove from the oven and let rest for at least 3 minutes.

## 5. Put It All Together

Drizzle with the **Balsamic Peach Glaze** and then dollop the remainder of the ricotta spread over top. Enjoy!

Instructions for two servings.

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

# Cuban Chicken Quesadilla

The flavors of a classic Cuban sandwich toasted in a quesadilla form. With Dijon coated chicken, ham, melted Swiss, and our house pickled veggies, it's super simple, super delicious.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet  
Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Dijon Mayo  
Tortillas  
Ham  
Swiss Cheese  
Pickled Veggies

## 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** – 910 Calories, 73g Protein, 48g Fat, 45g Carbs.

**Lightened Up Health snapshot per serving** – 630 Calories, 33g Fat, 20g Carbs, using half the tortillas and half the cheese.

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

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



INGREDIENTS: Chicken Breast, Ham, Flour Tortilla, Broccoli, Swiss, Red Onion, Carrot, Dill, Dijon Mustard, Mayonnaise, Rice Wine Vinegar, Kosher Salt, Sugar.

**meez** *meals*

### 1. Get Organized

Preheat your oven to 400 degrees.

### 2. Cook the Chicken

Heat a large skillet with 1½ Tbsp of olive oil over medium high heat. Pat dry the **Chicken Breast** and lightly salt and pepper both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 to 5 minutes. Flip, then cook until the other side is brown, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes.

Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken (into pieces typical of the size used in chicken soup). Put the shredded chicken in a mixing bowl with the **Dijon Mayo** and stir until the chicken is well coated.

### 3. Build the Quesadilla

Brush a baking sheet with olive oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled side down. Cut each slice of **Ham** in half.

Arrange the **Swiss Cheese** in a single layer on one half of each tortilla. Top with the sliced ham, covering as much of the cheese as possible. Spread the shredded chicken in a single layer on top of the ham and fold each tortilla over to create a half-moon. Press down firmly on each tortilla to keep it closed.

### 4. Bake and Finish

Bake the quesadillas until the top and edges are golden brown, about 8 to 10 minutes. Flip the quesadillas and cook for an additional 3 to 4 minutes. Remove from the oven and let rest for at least 5 minutes. Drain the liquid from the **Pickled Veggies**. Once the quesadilla has rested, slice into triangles and top with the pickled veggies. Enjoy!

Instructions for two servings.

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

# Farro with Sauteed Asparagus and Roasted Pear

**40** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

Mention pears as part of a meal, and we get pretty excited. Pair them with farro, asparagus, kale and mixed greens and we're in heaven. Then top it with strawberry vinaigrette, fontina and pecans and it was a dinner we couldn't wait to dig into. The result? Even better than it sounds.

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Large Skillet  
Saucepan  
Large Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Pear  
Farro  
Asparagus  
Kale & Mixed Greens  
Strawberry  
Vinaigrette  
Fontina & Pecans

## 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 stir into the farro and veggies 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

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of farro, reducing the **carbs per serving to 40g**. In step 3. Heat a large skillet with 1 Tbsp olive oil over high heat. When the oil is hot cook the cauliflower until it starts to brown, about for 2 to 3 minutes. Use cooked cauliflower "rice" instead of farro in step 5. **Gluten-free version**-we're sending 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** – 475 Calories, 14g Protein, 27g Fat, 55g Carbs, 12 Freestyle Points.

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



INGREDIENTS: Farro, Asparagus, Kale, Mixed Greens, Pear, Fontina, Pecans, Strawberry, White Vinegar, Lime, Garlic, Cayenne Pepper, Thyme, Olive Oil.

*meez* meals

### 1. **Getting Organized**

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

### 2. **Roast the Pear**

Cut the **Pear** in half, then half again. Cut the core out and discard. Now cut the pears in ½" pieces. Put the pieces onto a rimmed baking sheet and drizzle with olive oil, then toss to get them covered.

Bake until the skin begins to wrinkle, and the ends are golden brown, about 25 to 30 minutes.

### 3. **Cook the Farro**

While the pear is roasting, add a generous pinch of salt to the boiling water and add the **Farro**. Cook until the kernels pop, about 20 minutes. Drain, then return to the pan and cover for 5 minutes. Fluff with a fork and set aside.

### 4. **Sauté the Vegetables**

Heat 2 Tbsp olive oil in a large skillet over high heat. Add the **Asparagus** and cook until bright green and slightly charred, about 3 minutes. Transfer to a large mixing bowl. Do not wipe out the pan.

Add the **Kale & Mixed Greens** to the now-empty skillet and sauté until the kale turns bright green, about 3 minutes. Remove from the heat and add to the large mixing bowl.

### 5. **Put It All Together**

Combine the farro, asparagus, kale & mixed greens, roasted pear, with half of the **Strawberry Vinaigrette** and toss well.

Serve topped with the **Fontina & Pecans** and drizzle more strawberry vinaigrette to taste. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois \* Prepare by April 26**

# Mojo Verde Shrimp & Spanish Rice

This weeknight favorite is packed with flavor and a snap to prepare. With our fresh Mojo Verde sauce, veggie-filled Spanish rice, and seared shrimp, it's a sunny dinner perfect for a cold night.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Medium Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rice  
Yukon & Sweet  
Potatoes  
Veggies & Spices  
Shrimp  
Mojo Verde

## 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** – 650 Calories, 19g Fat, 37g Protein, 84g Carbs, and 15 Smart Points

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

INGREDIENTS: Shrimp, White Rice, Yukon Potatoes, Sweet Potatoes, Corn, Red Bell Pepper, Yellow Onion, Green Onion, Mayonnaise, White Vinegar, Orange Juice, Tomato, Ancho Chile, Vegetable Stock, Garlic, Cilantro, Parsley, Kosher Salt, Paprika, Cumin, Coriander, Oregano

meez *meals*

### 1. **Get Organized**

Bring a medium saucepan of water to a boil.

### 2. **Cook the Rice**

Add the **Rice** to the boiling water and cook until tender, about 15 minutes. Drain and set aside in the saucepan until step 3.

### 3. **Make the Spanish Rice**

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Yukon & Sweet Potatoes** and cook until starting to brown, about 5 to 6 minutes. Add the **Veggies & Spices** and 2 Tbsp water. Cook, stirring frequently, until the onions and carrots soften, an additional 4 to 5 minutes. Turn off the heat and add to the saucepan with the cooked rice. Stir well, cover, and set aside. Wipe out the skillet.

### 4. **Cook the Shrimp**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry and lightly sprinkle the **Shrimp** with salt and pepper. When the oil is hot, add the shrimp and cook until opaque, about 1 minute each side.

### 5. **Put It All Together**

Serve the Spanish rice topped with the shrimp. Drizzle with the **Mojo Verde** and enjoy!

Instructions for two servings.

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

# Udon Noodles with Spicy Green Beans

We're mixing up a sweet and spicy Asian sauce this week with almonds, chili peppers, agave and tamari. The flavors are addictive, and perfect with green beans, organic tofu and udon noodles. The result is a sophisticated dinner that's on the table in 20 minutes. That's our type of meal!

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting

## Organized

### EQUIPMENT

Saucepan  
Large Skillet

### FROM YOUR

### PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ

### CONTAINERS

Green Beans  
Udon  
Noodles  
Spicy Sweet  
Asian  
Sauce  
Tofu  
Bok Choy

## Good to Know

**Integrate into recipe:** After adding the udon to the water in Step 3, cook the protein (per instructions below) and slice into strips (flake the salmon, leave shrimp whole) then toss with the udon and veggies 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 ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the udon, reducing the **carbs per serving to 40g**. Skip step 1. Prior to step 4., pat dry the zucchini noodles, add 1 Tbsp oil to a large skillet. Cook on medium-high heat until they start to brown, about 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet and continue on with step 4.

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

**Health snapshot per serving** – 550 Calories, 19g Fat, 28g Protein, 17 Freestyle Point

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



INGREDIENTS: Green Beans, Udon Noodles, Tofu, Bok Choy, Tamari, Almonds, Red Onion, Agave Nectar, Rice Wine Vinegar, Crushed Red Pepper, Garlic

### 1. Get Organized

Put a large pot of water on to boil.

### 2. Blanch the Green Beans

Add the **Green Beans** to the boiling water and cook until they are bright green and just barely tender, about 2 minutes. (Don't overcook them. Soggy green beans are what give this tasty vegetable a bad reputation!)

Use a slotted spoon to remove the beans from the pot and rinse under very cold water (this stops them from overcooking). Once the beans are cold to the touch, drain well and set aside.

*Be sure to put the green beans into very cold water as soon as you drain them- run the water a few minutes in advance to get it good and cold.*

### 3. Cook the Udon

Return the pot of water to a boil over medium-high heat. Add the **Udon Noodles** and cook until tender, about 10 to 12 minutes. Drain and set aside.

### 4. Put It All Together

Heat 1Tbsp olive oil in a large skillet over medium heat. Add  $\frac{3}{4}$  of the **Spicy Sweet Asian Sauce**. Cook for one minute, add the **Organic Tofu**, **Bok Choy** and green beans and cook an additional 2 minutes until everything is heated through. Toss the veggies with the udon and the remaining sauce.

*Add a tablespoon or two of water if you'd like the sauce a little thinner.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Red Chimichurri Salmon with Roasted Veggies

This dinner takes inspiration from Peru, where red chimichurri is the tradition. Smoky, tangy, and a little spicy, it's the perfect partner for tender seared salmon. We're serving it over roasted sweet potatoes and blistered grape tomatoes with a drizzle of creamy cilantro aioli. Bold, vibrant, and bursting with fresh flavor.

**35** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Sweet Potatoes  
Grape Tomatoes  
Salmon  
Cilantro Aioli Sauce  
Red Chimichurri Sauce

## Good to Know

**Health snapshot per serving** – 650 Calories, 47g Fat, 34g Carbs, 21g Protein, and 18 Freestyle Points.

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

INGREDIENTS: Salmon, Sweet Potato, Tomato, Roasted Red Peppers, Dijon Mustard, Mayonnaise, Red Wine Vinegar, Cilantro, Lemon, Vegetable Oil, Parsley, Garlic, Jalapeño, Paprika, Kosher Salt, White Pepper, Crushed Red Pepper.

meez *meals*

### 1. Get Organized

Preheat the oven to 425.

### 2. Roast the Vegetables

Add the **Sweet Potatoes** and **Grape Tomatoes** to a baking sheet and drizzle with olive oil, salt, and pepper. Toss everything together and then arrange in a single layer. Cook until the sweet potatoes start to brown and the tomatoes burst and start to char, about 20 to 25 minutes. Transfer the vegetables to serving plate.

### 3. Cook the Salmon

When the vegetables have about 10 minutes of roasting time remaining, pat dry the **Salmon** and season each side with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom browns, about 4 minutes. Flip and cook until the other side is brown, about 3 additional minutes. Remove from the heat.

### 4. Put It All Together

Drizzle the light green **Cilantro Aioli** over the roasted vegetables. Place the cooked salmon on top and drizzle with the **Red Chimichuri Sauce**. Enjoy!

Instructions for two servings.

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

# 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 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**

# Green Chile Veggie Burrito

Hearty enough to satisfy, fresh enough to feel good. This burrito is stuffed with sautéed zucchini, bell peppers, our signature spiced beans, creamy green chile sauce and Mexican cheese. Seared until crisp in the skillet, it's a comforting, veggie-packed dinner you'll want again and again.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR

### PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Spinach Herb

Tortillas

Zucchini

Peppers & Onions

Green Chile

Crema

Chihuahua

Cheese

Spiced Beans

## Add Protein Instructions

**Integrate into recipe:** Prior to Step 1, cook the protein according to the directions below. Slice into strips (leave shrimp whole and flake the salmon). Add to the burritos before the beans in Step 2.

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

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

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

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

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

## Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of tortillas, reducing the **carbs per serving to 40g**. Skip step 1. Prior to step 2, heat 1 Tbsp olive oil in the large skillet over medium-high heat. Sauté the cauliflower until brown, about 3 to 4 minutes. Place directly in your serving bowls and layer the other components per instructions in steps 2 and 3 to enjoy as a veggie rice bowl.

**Health snapshot per serving** – 640 Calories, 23g Fat, 83g Carbs, 28g Protein, and 17 Freestyle Points.

INGREDIENTS: Spinach Herb Tortilla, Zucchini, Black Beans, Great Northern Beans, Green Chile Enchilada Sauce, Chihuahua Cheese, Yellow Onion, Poblano Pepper, Red Bell Pepper, Sour Cream, Cilantro, Lime, Jalapeño, Garlic, Coriander, Cumin, Chili Powder.

meez  meals

### 1. Warm the Tortillas

Heat a large skillet over medium heat. Warm each of the **Spinach Herb Tortillas** until pliable. Set aside.

### 2. Cook the Veggies

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Zucchini** and **Peppers & Onions** with a sprinkle of salt and pepper. Cook until the peppers start to char, about 4 to 5 minutes. Place the cooked veggies on top of the tortillas across the center of each burrito leaving 1½" empty on the top and bottom. Pour half of the **Green Chile Crema** over the veggies and sprinkle half of the **Chihuahua Cheese** on top. Wipe out the skillet.

### 3. Cook the Beans

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Spiced Beans** and cook until the beans are hot and the onions start to soften, about 2 to 3 minutes. Transfer the spiced beans to the partially filled tortillas on top of the cheese. Wipe out the skillet

### 4. Roll the Burritos

Add the remaining Green Chile Crema and cheese to fill the tortillas. Join the front and bottom flaps and lift the tortilla in the air, open-faced. Pull the left and right flaps toward the center so they fold over about 1 to 2 inches and hold them in place with your fingers. Using your thumbs roll the burrito away from your body, keeping the left and right flaps underneath using the weight of the burrito to keep it closed. Press down gently on the top to hold everything in place. Repeat for each tortilla.

### 5. Put It All Together

Heat the now-empty skillet over medium-high heat. Place each burrito seam side down and cook until browned, about 1 to 2 minutes. Flip and heat the other side for an additional minute. Enjoy!

*You should have half of the Green Chile Crema and half the cheese left when completed with step 2.*

Instructions for two servings.

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

# Ultimate Steak French Dip

Don't think a French dip sandwich can get any better? One taste of our sandwich and we think you'll agree it's the ultimate. Tender sliced steak, melted provolone, seared red peppers, onions and other veggies, and an out-of-this-world Dijon sage aioli. Served with our signature tangy coleslaw, it's over-the-top delicious.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 7 MEEZ CONTAINERS

Steak  
French Roll  
Dijon Sage Aioli  
Provolone Cheese  
Red Peppers & Onions  
Beef Au Jus  
Coleslaw

## Good to Know

If you ordered the **Carb Conscious** version, you received cauliflower instead of the French Rolls reducing the **carbs per serving to 38g**. Prior to step 2, place the cauliflower on a baking sheet and toss with olive oil salt and pepper and arrange on a baking sheet. Roast until the cauliflower starts to, about 12 to 14 minutes. Use the cauliflower in place of the French Rolls in step 4. Drizzle the steak and cauliflower with a small amount of au jus alongside the coleslaw.

**Health snapshot per serving** – 840 Calories, 58g Protein, 36g Fat, 75g Carbs, 24 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 630 Calories, 29g Fat, 43g Carbs, 17 Freestyle Points by using half the bread (build open-faced) Dijon Sage Aioli and half the coleslaw.

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

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



INGREDIENTS: Steak, Beef Au Jus, French Roll, Green Cabbage, Mayonnaise, Provolone, Kale, Bell Pepper, Yellow Onion, Red Onion, Broccoli, Brussels Sprouts, Radicchio, Chives, White Vinegar, Lemon, Sugar, Dijon, Horseradish, Sage

meez *meals*

## 1. Get Organized

Preheat the oven to 425 degrees.

## 2. Cook the steak

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat the **Steak** dry with a paper towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is 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 like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes. Wipe out the skillet.

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

## 3. Dress and Toast the Sandwich

While the steaks are resting, open the **French Rolls** but leave them hinged. Spread the **Dijon Sage Aioli** edge-to-edge on the bottom half of each roll and sprinkle the **Provolone Cheese** in a single layer over that. Transfer the rolls to a baking sheet and toast, open-faced, until the cheese is melted and starts to brown, about 5 to 7 minutes. Remove the toasted rolls from the oven and arrange the sliced steak on top of the melted cheese.

## 4. Cook the Vegetables and Warm the Beef Au Jus

While the rolls are toasting heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red Peppers & Onions** and cook until the peppers start to char and kale starts to wilt, about 4 minutes. Transfer the cooked vegetables on top of the sliced steak.

Add the **Beef Au Jus** to the now-empty skillet, turn the heat to high, and bring to a boil, then carefully transfer to small bowls for dipping.

## 5. Put It All Together

Serve the **Coleslaw** with the sandwich and au jus and enjoy!

Instructions for two servings.

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

# Spinach Pancakes with Basil Corn Relish

We're mixing up savory pancakes with spinach and fontina, and then topping them with a citrus cream cheese spread that's pure magic. We top it all with a simple basil & corn relish, and the result is sophisticated comfort food at its best.

40 Minutes to the Table

40 Minutes Hands On

2 Whisks *Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet  
Griddle or Skillet

### FROM YOUR PANTRY

Salt & Pepper  
Milk  
3 Eggs & Butter

### 5 MEEZ CONTAINERS

Basil Corn Relish  
Citrus Cream  
Cheese  
Fontina & Flour  
Onion & Garlic  
Spinach

## 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 serve on top of the citrus cream cheese before adding the basil corn relish 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** – 690 Calories, 29g Protein, 42g Fat, 25 Smart Points

**Lightened up snapshot** – 520 Calories, 25g Protein, 30g Fat and 16 Smart Points when you use half of the citrus cream cheese and corn salsa.

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: Corn, Spinach, Flour, Onion, Fontina Cheese, Cream Cheese, Apple Cider Vinegar, Orange Juice, Olive Oil, Basil, Garlic, Baking Powder

meez *meals*

## 1. Getting Organized

Preheat your oven to 375 and heat your griddle or skillet.

## 2. Mix the Pancake Batter

Melt 2 Tbsp butter in the microwave or on the stove, then pour into a large mixing bowl. Drain all the water from the **Spinach** and add the spinach to the butter in the large bowl. Separate the whites from the yolks of 2 eggs, putting the yolks with the spinach and butter and the whites in a separate bowl. (Need help with this? Give us a call!)

Add the **Fontina & Flour, Onion & Garlic**, 1 tsp salt and  $\frac{3}{4}$  cup milk to the spinach mix and mix well. This should make a thick batter. If it's too stiff, add a little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

## 3. Cook the Pancakes

Melt 1 to 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter on to the griddle and cook the pancakes until golden, 2 to 3 minutes per side. Transfer the cooked pancakes to a baking sheet and bake until the pancakes bounce back when you touch the middle, about 7 to 10 minutes.

## 4. Put It All Together

Serve topped with the **Citrus Cream Cheese** and **Basil Corn Relish**. Enjoy!

*Chef Max's pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.*

*Don't have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different but they'll still be delicious.*

*Love this recipe?  
#meezmagic*

Instructions for two servings.

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

# Meez Chicken Caesar Salad

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

## Getting Organized

### EQUIPMENT

- Saucepan
- Baking Sheet
- Large Skillet
- Large Mixing Bowl

### FROM YOUR PANTRY

- Eggs (1 per serving)
- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

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

## Good To Know

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

**Health snapshot per serving** – 780 Calories, 67g Protein, 47g Fat, 23g Carbs, and 14 Freestyle Points.

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

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

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



**30** Minutes to the Table

**30** Minutes Hands On

**1 Whisk** Super Easy

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

*meez* meals

### 1. Get Organized

Preheat oven to 425 degrees.

### 2. Hard-Boil the Eggs

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

### 3. Make the Cauliflower “Croutons”

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

### 4. Cook the Chicken

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

### 5. Put It All Together

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

Instructions for two servings.

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