

Marry Meez Chicken

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of water to a boil.

From Your Pantry

You'll need olive oil, salt and pepper.

Chicken Enchiladas Verde

25 Min
to Table

45 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil, salt and pepper

Getting Started

Preheat your oven to 375, & put a pot of water on to boil.

Quick Tips



Peach & Chipotle Glazed Salmon

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in large skillet.

From Your Pantry

You'll need olive oil, salt and pepper.

Thai Green Curry Steak

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of water to a boil.

From Your Pantry

You'll need olive oil, salt and pepper.

Chicken Scallopi with Hazelnut Whipped Butter

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil, salt and pepper

Queso Fiesta Casserole

45 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From your Pantry

You'll need olive oil, salt and pepper.

Shrimp Toast with Sesame-Miso Salad

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Prepare the Sesame-Miso Salad and refrigerate.

From Your Pantry

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

Hearty Paella with Crispy Green Beans

30 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 350.

From Your Pantry

You'll need olive oil, salt and pepper.

Italian Sausage & Peppers with Penne Verde

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a saucepan of water on to boil.

From Your Pantry

You'll need olive oil, and salt.

Meal Tip

The sausage is fully cooked, so just heat and eat.

Creamy Cajun Pappardelle

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 olive oil, butter, flour, salt and pepper.

Asparagus Rice Bowl with Miso Mustard Vinaigrette

35 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water onto boil and preheat oven to 400.

From your Pantry

You'll need olive oil, salt and pepper.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Creamy Cajun Pappardelle	660	25	28	82 CC 36	8	1170	14	20	100% Vitamin A	180% Vitamin C
Italian Sausage & Peppers with Penne Verde	980	47	60	63 CC 25	5	1760	14	32	120% Vitamin A	410% Vitamin C
Marry Meez Chicken	870	58	48	56 CC 37	17	620	23	26	50% Vitamin A	50% Vitamin K
Hearty Paella with Crispy Green Beans	770	20	48	57 CC 38	28	400	15	24	60% Vitamin C	30% Iron
(use /3 of the chive oil)	660		37					19		
Asparagus Rice Bowl with Miso Mustard Vinaigrette	330	7	11	55 CC38	7	151	26	10	154% Vitmain A	41% Vitamin C
Chicken Enchiladas Verde	720	56	16	88	8	1200	6	16	23% Calcium	33% 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)	
Thai Green Curry Steak	600	34	33	40 CC 21	3	990	12	21	140% Vitamin C	30% Vitamin A
Chicken Scallopini with Hazelnut Whipped Butter	795	71	36	49 CC 14	5	1131	4	19	229% Vitamin A	57% Vitamin C
Peach & Chipotle Glazed Salmon	440	23	5	80	7	950	51	13	120% Vitamin C	8% Iron
Shrimp Toast with Sesame- Miso Salad	550	41	22	48	5	715		11	100% Vitamin C	64% Vitamin A
Queso Fiesta Casserole	440	16	17	57	9	830	10	12	147% Vitamin C	73% Calcium
Add a Protein										
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein										
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)	
Turtle Molten Bundt	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
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.

Creamy Cajun Pappardelle

Bold Cajun flavors meet creamy comfort in this satisfying pasta dish. Pappardelle is tossed with charred green beans, sweet red peppers, and a rich Cajun cream sauce layered with garlic, herbs, Parmesan, and just the right amount of spice. Finished with fresh tomatoes and Asiago cheese, it brings the flavors of Louisiana to your table without the fuss.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1/2 Tbsp/svg)
Flour ((1/2 Tbsp/svg)

5 MEEZ CONTAINERS

Pappardelle Pasta
Red Peppers &
Green Beans
Mirepoix
Cajun Sauce
Tomatoes & Asiago

Add Protein Instructions

Integrate into recipe: Prior to step 3, cook the protein according to the instructions below. Slice into 1/2" strips (flake the salmon and leave the shrimp whole). Stir into the cooked pasta and sauce at the end of 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 pappardelle, reducing the **carbs per serving to 36g**. Skip steps 1 and 2. Prior to step 3, heat 1 tbsp olive oil in a large skillet over medium-high heat. Sauté the zucchini with salt and pepper until browned and tender, 3 to 4 minutes. Stir into the sauce in place of the noodles in step 4.

Health snapshot per serving – 660 Calories, 28g Fat, 82g Carbs, 25g Protein, and 20 Freestyle Points.

INGREDIENTS: Pappardelle Pasta, Cream, Red Bell Pepper, Green Beans, Carrot, Celery, Yellow Onion, Tomato Sauce, Tomato, Asiago, Hot Sauce, Parmesan, Green Onion, Vegetable Stock, Garlic Parsley, Oregano, Black Pepper, Chili Powder, Old Bay, Bay Leaf.

 meezmeals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Pasta

Add the **Pappardelle Pasta** to the boiling water with a sprinkle of salt and cook until al dente, about 6 to 8 minutes. Drain well, return to the saucepan, cover and set aside.

3. Sear the Veggies

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Red Peppers & Green Beans** with a sprinkle of salt and pepper. Cook until the green beans start to char, about 4 to 5 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Cook the Cajun Sauce

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Mirepoix** (smaller chopped carrot, celery & onion). Cook until the carrots and onions start to soften, about 3 to 4 minutes. Add 1 Tbsp of butter to the veggies. Once the butter melts, add 1 Tbsp flour and stir to coat the veggies. Cook until the flour starts to brown, about 1 to 2 minutes.

Add the **Cajun Sauce** and stir well, scraping any bits of flour stuck to the bottom of the pan. Bring to a boil, then reduce the heat to medium low and cook until the sauce has thickened slightly, about 4 to 5 minutes. Turn off the heat and stir in the cooked pasta and seared peppers and green beans.

5. Put It All Together

Serve the pasta topped with the **Tomatoes & Asiago**. Enjoy!

Instructions for two servings.

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

Italian Sausage & Peppers with Penne Verde

We love traditional Italian sausage & peppers. This week, we created a delicious creamy spinach sauce and paired it with al dente penne and locally sourced sausage. It's a simple meal that's packed with flavor.

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

5 MEEZ CONTAINERS

Italian Sausage
Penne
Red & Green Bell
Peppers
Creamy Spinach
Sauce
Parmesan & Black
Pepper

Good to Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the penne, reducing the **carbs per serving to 25g**. Skip steps 1 and 2 and prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

Health snapshot per serving – 980 Calories, 60g Fat, 47g Protein, 63g Carbs, and 32 Freestyle Points.

Lightened up health snapshot per serving – 710 Calories, 45g Fat, 38g Carbs, and 22 Freestyle Points, by using half of the pasta, sauce, and parmesan & black pepper.

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: Italian Sausage, Red Bell Peppers, Green Bell Peppers, Penne Pasta, Cream, Parmesan, Spinach, Green Onion, Black Pepper, Lemon Pepper

meez meals

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Pasta

Add the **Penne** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Drain and return the pasta to the saucepan with a cover.

3. Cook the Sausage

While the pasta is cooking, cut the **Italian Sausage** in half, lengthwise and then into ½" half-moon slices.

Heat a large skillet over medium high heat. Add the sausage and cook, stirring frequently, until brown and slightly crispy, about 2 to 3 minutes. Transfer to a paper towel lined plate. Do not wipe out the skillet.

*The sausage
will arrive fully-
cooked. This
step is to heat
it and add
charred flavor.*

4. Cook the Peppers and Sauce

Heat 1 Tbsp olive oil and the oil remaining from cooking the sausage in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red & Green Bell Peppers** and cook until they start to char, about 4 to 5 minutes. Turn off the heat and add the **Creamy Spinach Sauce** and stir until hot. Add the cooked penne and Italian sausage to the skillet and stir well.

5. Put It All Together

Serve the pasta topped with the **Parmesan & Black Pepper**. Enjoy!

Instructions for two servings.

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

Marry Meez Chicken

Rich and delicious, this is Meez's take on Delish's viral sensation, "Marry Me Chicken." The secret is a creamy sun-dried tomato, parmesan and lemon sauce. Paired with parmesan green beans and orzo, it's comfort food at its best.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Orzo Pasta
Chicken
Green Beans
Seasoned Parmesan
Sun-Dried Tomato,
Celery & Onion
Lemon Cream Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of orzo pasta, reducing the **carbs per serving to 37g**. Skip steps 1 and 2. After step 3, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, cook the cauliflower until it starts to brown. Set aside until step 5 and use in place of the orzo.

If you are cooking the **gluten-free version**, we sent you gluten-free penne instead of orzo pasta. Follow the instructions for step 2 and use in place of the orzo.

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 – 870 Calories, 48g Fat, 56g Carbs, 58g Protein, and 26 Freestyle Points.

Lightened-up health snapshot per serving – 670 Calories, 32g Fat, 45g Carbs, and 17g Freestyle Points, by using one-third of the orzo, seasoned parmesan, and Lemon Cream Sauce.

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Chicken Breast, Cream, Green Beans, Orzo Pasta, Celery, Sun-Dried Tomatoes, Parmesan, Yellow Onion, Lemon, Chicken Stock, Garlic, Black Pepper, Paprika, Basil, Oregano,

meez  meals

1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Orzo Pasta

Add the **Orzo Pasta** to the boiling water with a pinch of salt. Cook until al dente, about 10 to 12 minutes. Remove from the heat, drain and return the cooked orzo to the saucepan. Cover and set aside.

3. Cook the Chicken

While the orzo is cooking, heat 1½ Tbsp of olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken** on both sides. When the oil is hot, add the chicken and cook until crisp and brown, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet. Once the chicken has rested, slice into ½" strips.

4. Cook the Vegetables and Make the Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Green Beans** and cook until they start to char, about 4 to 5 minutes. Remove from the skillet, transfer to a mixing bowl and toss with one-third of the **Seasoned Parmesan**. Set aside until step 5.

Return the now-empty skillet to the stove over medium-high heat and add the **Sun-Dried Tomato Celery & Onion**. Sauté until the onions start to char, about 2 to 3 minutes. Add the **Lemon Cream Sauce** and bring to a boil, reduce the heat to low and simmer until sauce thickens, about 2 to 3 minutes. Remove from the heat, add the remaining seasoned parmesan and sliced chicken and stir.

5. Put It All Together

Serve the cooked orzo topped with the chicken, veggies and sauce alongside the parmesan green beans. Enjoy!

Instructions for two servings.

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

Hearty Paella with Crispy Green Beans

A savory paella of summer squash, zucchini and tomatoes with a pinch of parmesan to boost the flavor. Finished with a chive oil and crispy green bean topper, it's even better than the Valencia inspiration.

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe Skillet
and Lid
Large Skillet

FROM YOUR

PANTRY

Olive Oil
Salt/Pepper

5 MEEZ CONTAINERS

Squash & Other
Veggies
Basmati Rice
Tomato Broth
Green Beans
Chive Oil

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 paella rice before drizzling with the chive oil 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 cauliflower "rice" instead of the Basmati rice, reducing the **carb per serving to 38g**. In step 2, use the cauliflower with only ¼ cup water.

Health snapshot per serving – 620 Calories, 39g Fat, 57g Carbs, 13g Protein, 24 Freestyle Points

INGREDIENTS: Coconut Milk, Green Beans, Basmati Rice, Tomato, Yellow Squash, Zucchini, Celery, Vegetable Oil, Carrot, Sun Dried Tomatoes, Chives, Vegetable Broth, Garlic, Parmesan, Dijon Mustard, Lemon, Old Bay, Thyme

meez *meals*

1. Get Organized

Preheat your oven to 350.

2. Create the Paella

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium-high heat. Add the **Squash & Other Veggies** and cook until the squash starts to char, about 3 to 4 minutes. Add the **Basmati Rice**, and cook until lightly toasted, about 1 minute. Add the **Tomato Broth** and ½ cup of water. Stir well and bring to a boil. Remove from the stove, cover and transfer to the oven. Bake until the liquid has been absorbed and the rice has a slightly crunchy texture, around the edges, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes.

3. Sear the Green Beans

While the paella is resting, heat 1 Tbsp olive oil in a second large skillet over medium-high heat. When the oil is hot, add the **Green Beans** with a sprinkle of salt and pepper. Cook until they are seared but still bright green, about 5 to 6 minutes. Turn off the heat and set aside.

4. Put It All Together

Serve the paella topped with the seared green beans and drizzle the entire dish with the **Chive Oil**. Enjoy!

Asparagus Rice Bowl with Miso Mustard Vinaigrette

A perfect Spring and Summer cozy bowl you'll just love. With Himalayan red and brown rice, seared asparagus, glazed carrots and hazelnuts, and an amazing miso mustard vinaigrette, it's crazy delicious.

35 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan with
cover
Large Skillet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Himalayan Red &
Brown Rice
Asparagus
Carrots
Hazelnuts
Miso Mustard
Vinaigrette
Maple Glaze

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 add to the rice bowl prior to adding the carrots and sauce 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 & Summer Squash, reducing the **carbs per serving to 38g**. Skip step 1 and prior to step 2, pat dry the Zucchini & Summer Squash, salt & pepper and cook over medium-high heat with 1 Tbsp olive oil until they start to char, about 3 minutes.

Health snapshot per serving – 330 Calories,
7g Protein, 55g Carbs, 11g Fat, 10 Freestyle Points.

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



INGREDIENTS: Asparagus, Himalayan Red Rice, Brown, Rice, Green Onions, Carrots, Hazelnuts, Olive Oil, Rice Wine Vinegar, Garlic, Dijon Mustard, Lemon, Tamari, Miso, Maple Syrup, Black Pepper, Thyme.

meez meals

*It doesn't matter
how much water
you use in the pot
as long as there is
enough to keep the
rice entirely
submerged during
cooking.*

1. Cook the Rice

Bring a large pot of water to boil over high heat.

Add the **Himalayan Red & Brown Rice** to the boiling water with a pinch of salt. Cook, uncovered, until tender, about 25 to 30 minutes. Drain in a colander and return to the pot, fluff with a fork, cover and let steam for five minutes.

2. Cook the Asparagus

While rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat.

Add the **Asparagus** and sauté until it is bright green and just starts to brown, about 5 to 7 minutes. Remove from pan and set aside. Do not wipe out pan.

3. Create the Maple Glazed Carrots

Return the now empty skillet to the stove over medium heat. Add the **Carrots, Hazelnuts**, and 2 tbsp of the **Miso Mustard Vinaigrette**. Mix well and sauté until the carrots start to soften slightly, about 3 to 4 minutes. Add the **Maple Glaze** and continue to cook until the glaze thickens and the carrots and nuts are well coated, an additional 2 minutes.

4. Put It All Together

Add the cooked asparagus and half of the remaining Miso Mustard Vinaigrette to the pot with the cooked rice and stir well. Transfer to serving bowls and top with the carrots and nut glaze. Drizzle additional Miso Mustard Vinaigrette to taste and enjoy!

Instructions for two servings.

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

Chicken Enchiladas Verde

Classic enchiladas, on the table in a flash. With shredded chicken breast, sautéed bell peppers and a salsa verde that's fresh, flavorful, and unique. It's Mexican comfort food the family will love.

45 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

2 Large Skillets
Casserole Dish
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

7 MEEZ CONTAINERS

Chicken Breasts
Veggies
Chihuahua Cheese
Salsa Verde
Corn Tortillas
Rice
Lime

Make The Meal Your Own

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

Health Snapshot Per Serving- 720 Calories, 56g Protein, 16g Fat, 88g Carbs, 16 Freestyle Points

Lightened-up Health Snapshot Per Serving- 630 Calories, 16g Fat, 69g Carbs, 13 Freestyle Points, by using half of the rice.

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



INGREDIENTS: Chicken Breasts, Corn Tortillas, Green Chili Sauce, White Rice, Lime, Yellow Onion, Chihuahua Cheese, Red Bell Pepper, Green Bell Pepper, Sugar, Parsley, Cilantro, Garlic, Salt, Cumin, Coriander, Black Pepper

meez *meals*

1. Get Organized

Preheat your oven to 375 degrees and put a saucepan of water to boil over high heat. Spray or brush a 10x10 or similar casserole dish with oil.

2. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Do not wipe out skillet. 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 and put into a large bowl.

3. Cook the Veggies

While the chicken is resting, add the **Veggies** to the now-empty skillet over medium high heat. Sauté until the peppers start to char and the onions become translucent, about 2 to 3 minutes. Transfer the cooked veggies to the large mixing bowl with the shredded chicken. Add half of the **Chihuahua Cheese**. Add one-third of the **Salsa Verde** to the bowl. Mix well.

4. Bake the Enchiladas

Add half the remaining salsa verde to the bottom of the casserole dish. Wrap the **Corn Tortillas** in paper towels and microwave until soft, about 20 to 30 seconds. Fill the tortillas with as much of the filling as possible while still being able to roll into tubes. Place the rolled enchiladas on top of the salsa verde, folded side down. Spread any filling that wouldn't fit inside the tortillas around the bottom of the casserole dish. Top everything with the remaining salsa verde and remaining cheese. Bake until the cheese is melted and starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes

5. Cook the Rice and Serve

While the enchiladas are baking, add the **Rice** to the boiling water and cook at a rolling boil until the rice is tender, about 15 minutes. Drain well and transfer directly to serving plates. Serve the enchiladas (and the extra cooked enchilada filling) on top of the rice with a squeeze of fresh **Lime**. Enjoy!

Instructions for two servings.

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

Thai Green Curry Steak

We love a dinner that's low on fuss and high on flavor, and this one knocks it out of the park. We're pairing a mellow green curry with seared steak strips, green beans, peppers and baby corn, then serving it over jasmine rice. Super simple, super delicious.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Jasmine Rice
Steak
Baby Corn, Green
Beans & Peppers
Green Curry Sauce

Good to Know

If you ordered the **Carb Conscious version**, we sent you Cauliflower "rice" instead of jasmine rice, reducing the **carbs per serving to 21g**.

Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in the large skillet over medium-high heat and sauté the cauliflower rice until browned, about 3 to 4 minutes. Use in place of the rice.

Health snapshot per serving – 600 Calories, 33g Fat, 40g Carbs, 34g Protein, and 21 Freestyle Points.

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

INGREDIENTS: Steak, Coconut Milk, Jasmine Rice, Baby Corn, Red Bell Pepper, Green Beans, Tamari, Green Curry, Lime, Garlic, Basil, Cilantro, Sugar, Ginger, Fish Sauce, Miso.



1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Ingredient

Add the **Jasmine Rice** to the boiling water and cook until the rice is tender, about 12 to 15 minutes. Drain well, then return the saucepan, fluff with a fork, cover and set aside until step 5.

3. Cook the Steak

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steak** and season with salt and pepper. When the oil is hot, add the steak and cook until the bottoms brown and 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**.) Transfer to a cutting board to rest for 5 minutes. Wipe out the skillet. Once the steak has rested, slice into ½" strips.

4. Create the Green Curry

While the steak is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Baby Corn, Green Beans & Peppers** and cook, stirring frequently, until the peppers char, about 5 to 6 minutes. Add the **Green Curry Sauce** and bring to a low boil, then reduce the heat to low and simmer, stirring occasionally, until the sauce thickens slightly, about 4 to 5 minutes. Turn off the heat and add the cooked steak. Stir until well coated.

5. Put It All Together

Serve the curry over the jasmine rice. Enjoy!

Instructions for two servings.

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

Chicken Scaloppini with Hazelnut Whipped Butter

Arguably one of our favorite Italian recipes. With thin chicken breast coated with a hazelnut and breadcrumb crust, egg noodles, sautéed spinach, crispy capers and hazelnut whipped butter, it's comfort food taken up a notch.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Meat tenderizer (or
small pot)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Hazelnut Crust
Egg Noodles
Hazelnut Whipped
Butter
Spinach
Capers

Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you zucchini "noodles" instead of egg noodles, reducing the **carbs per serving to 14g**. Skip step 1, then before step 5, heat 1½ Tbsp oil in the skillet on medium high heat. Cook the zucchini until it starts to brown, about 2-3 minutes. Remove from the pan and set aside and then continue with adding the spinach and the rest of the recipe instructions as written.

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

Good To Know

Health snapshot per serving – 795 Calories, 36g Fat, 71g Protein, 49g Carbs, 19 Freestyle Points

Lightened-Up Health snapshot per serving – 565 Calories, 20g Fat, 29g Carbs, 11 Freestyle Points with half the egg noodles and half the Hazelnut Whipped Butter

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, Egg Noodle, Spinach, Hazelnuts, Capers, Butter, Hazelnut Oil, Panko Breadcrumbs, Pecorino Romano, Black Pepper, Oregano, Basil, Onion, Paprika.

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Prep the Chicken

Very loosely wrap each **Chicken Breast** in saran wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. 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).

Spread the **Hazelnut Crust** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

3. Cook the Pasta

As soon as the water is boiling, add the **Egg Noodles** with a generous sprinkle of salt. Cook until the noodles are al dente, 5 to 6 minutes. Drain very thoroughly and return to the now empty saucepan with the heat off. Add half the **Hazelnut Whipped Butter** and stir until the butter is melted and has coated the noodles. Set aside until step 6.

4. Cook the Chicken

While the pasta is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Transfer the chicken to a cutting board and top with the remaining Hazelnut Whipped Butter. Set aside to rest for 5 minutes.

5. Cook the Spinach and Capers

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over medium high heat. Sauté the **Spinach** until it starts to wilt but is still green, about 2 to 3 minutes. Transfer the cooked spinach to the saucepan with the drained egg noodles and mix well. Do not wipe out the skillet.

Drain the **Capers** of any excess liquid and add to the now-empty skillet. Cook over medium-high heat, undisturbed, until they start to get brown and crispy, about 3 to 4 minutes.

6. Put It All Together

Spread the capers evenly over the noodles and spinach and top with the chicken. Enjoy!

*Don't worry
about the
amount of water.
Just ensure you
have enough to
cook the pasta*

*Don't be afraid
to get your
aggression out
on the chicken!*

Instructions for two servings.

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

Peach & Chipotle Glazed Salmon

Chipotle glaze, peach coulis, black beans, hominy, zucchini and corn salsa, make this a full-flavored, low-calorie, 15-minutes-to-the-table gem.

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

Seasoned Hominy &

Black Beans

Zucchini, Tomato &

Peppers

Salmon

Honey Chipotle Sauce

Cucumber Corn Salsa

Peach Coulis

Good to Know

Health snapshot per serving – 440 Calories, 5g Fat, 80g Carbs, 23g Protein, and 13 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, Hominy, Black Beans, Honey, Yellow Bell Pepper, Tomato, Zucchini, White Peach Puree, Corn, Cucumber, Lime, Orange, Red Onion, Chipotles in Adobo, Tamari, Garlic, Cilantro, Cumin, Coriander

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 **Seasoned Hominy & Black Beans** and cook until they just start to become tender, about 2 minutes. Add the **Zucchini, Tomato & Peppers** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the peppers just start to soften, an additional 4 to 5 minutes. Transfer to serving plates and wipe out the skillet.

2. Cook the Salmon

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 4 minutes. Flip the salmon and add the **Honey Chipotle Sauce**. Continue cooking, spooning the sauce on top of the salmon continuously, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes. Remove from the heat.

3. Put It All Together

Serve the glazed salmon over the beans and veggies and top with the **Cucumber Corn Salsa**. Drizzle the entire dish with the **Peach Coulis** and enjoy!

Instructions for two servings.

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

Shrimp Toast with Sesame-Miso Salad

We adore the crispy puffy triangles from our favorite Dim Sum, but it's hardly a meal. Enter the test the kitchen. When we used panko-crusted challah, subbed-in seared sesame shrimp for the shrimp paste, and added in a miso salad, we had the delicious crunch and savory deliciousness of the inspiration, but tastier and easier!

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl
Cutting Board

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per serving)

6 MEEZ CONTAINERS

Salad Veggies
Sesame-Miso Dressing
Shrimp
Bok Choy
Seasoned Panko
Challah Bread

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 550 Calories, 22g Fat, 41g Protein, 48g Carbs, 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**



25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Shrimp, Challah Bread, Bok Choy, Broccoli, Zucchini, Radish, Breadcrumbs, Sesame Seeds, Tamari, Miso, Rice Wine Vinegar, Mayonnaise, Garlic, Ginger, Sesame Oil, Brown Sugar, White Pepper,

meez*meals*

1. Make the Sesame-Miso Salad

Combine the **Salad Veggies** with two-thirds of the **Sesame-Miso-Dressing** and place in the fridge until step 5.

2. Cook The Shrimp

Pat dry the **Shrimp** and heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board. When they are cool enough to touch, cut the shrimp into thirds. Toss with the remaining Sesame-Miso Dressing in a small bowl and set aside. Do not wipe out the skillet.

3. Cook the Bok Choy

While the shrimp are cooling, return the now-empty skillet to the stove over medium heat. Add the **Bok Choy** with a sprinkle of salt and pepper and cook until it starts to brown, about 4 minutes. Transfer directly to serving plates. Wipe out the skillet.

4. Make the Toast

Whisk 2 eggs in a bowl. Spread the **Seasoned Panko** on a plate. Dip a slice of **Challah Bread** into the egg to coat both sides. Let the excess egg drip off and press the bread into the Seasoned Panko to completely coat one side. Flip and coat the second side with panko. Repeat for each bread slice.

Heat 1 Tbsp olive oil in the now empty skillet over medium heat. When the oil is hot, add the coated challah bread and cook until it browns, about 3 minutes. Flip and brown the other side, an additional 3 minutes.

5. Put It All Together

Place the challah toast on top of the bok choy and spread the Sesame-Miso coated shrimp on top of the toast, edge-to-edge. Top with Sesame-Miso Salad and enjoy!

*Keep a
close eye
on the
breading
the entire
time so it
doesn't
burn.*

Instructions for two servings.

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

= Queso Fiesta Casserole

Love nachos? Get ready for a new favorite. We're making a nacho casserole with tortilla chips, two types of cheese, a lime crema, and a healthy dose of veggies to make a fun casserole that's naturally low in calories. Did we mention it's just one pan and ten minutes hands-on cooking?

Getting Organized

EQUIPMENT

Large Casserole
Dish

FROM YOUR PANTRY

Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Sweet Potatoes
Peppers, Corn &
Beans
Enchilada Sauce
Mexican Cheese
Tortilla Chips
Cilantro Lime
Crema

Add Protein Cooking Instructions

Integrate into recipe: While the casserole is baking in step 4, cook the protein (per instructions below) and serve alongside the casserole.

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

Health snapshot per serving – 440 Calories, 16g Protein,
18g Fat, 57g Carbs, 12 Freestyle Points.

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super-Easy

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



INGREDIENTS: Sweet Potato, Bell Peppers, Corn, Onion, Black Beans, Tortilla Chips, Monterey Jack, Provolone, Sour Cream, Enchilada Sauce, Cilantro, Lime, Garlic, Cumin, Coriander, Oregano.

meez meals

1. Getting Organized

Preheat oven to 425 degrees.

2. Roast the Sweet Potatoes

Place the **Sweet Potatoes** in a casserole dish and drizzle with olive, oil salt and pepper. Toss then arrange in a single layer and bake until the edges are golden brown and the sweet potatoes are almost fork tender, about 20 minutes, stirring once halfway through.

3. Create the Casserole and Bake

Transfer half of the cooked sweet potatoes to a plate or bowl and arrange the remaining potatoes in a single layer. Top with half the **Peppers, Corn & Beans**, followed by half the **Enchilada Sauce** and one-third of the **Mexican Cheese**. Spread each layer edge-to-edge as best you can. Create additional layers as follows:

- Remaining cooked sweet potatoes
- Remaining peppers, corn & beans
- Remaining enchilada sauce
- Half of the remaining cheese (one-third of the total cheese provided)

Bake until the cheese is fully melted, about 10 minutes.

4. Top with Chips and Cheese and Finish Baking

Top the casserole with the **Tortilla Chips** and remaining cheese. Bake until the cheese is brown and bubbly, about 10 additional minutes. Remove from oven and let cool for at least 5 minutes. Serve topped with the **Cilantro Lime Crema**. Enjoy!

Instructions for two servings.

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