

Steak Vesuvio

25 Min
to Table

35 Min
Hands
On

1 Whisk
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

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

Crisp Salmon with Olive Tapenade

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Prep the Fingerling
Potatoes.

From your Pantry

You'll need 1/2 cup
of flour, olive oil, salt
and pepper.

Quick Tips



Southwestern Salmon with Fresh Corn Salsa

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

No pre-work needed.

Meal Tip

Add your favorite
grain to bulk the meal
up.

Mexican Chicken Rice Bowl

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of
water on to bowl.

From Your Pantry

You'll need olive oil,
salt and pepper

Smoked Gouda, Asparagus & Pear Panini

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Toast the bread.

From Your Pantry

You'll need olive oil,
salt and pepper

Deconstructed Grilled Chicken Kabobs

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
Getting Started	Heat a large skillet with 2 Tbsp of olive oil.	
From Your Pantry	You'll need olive oil, salt and pepper.	

Shrimp Tostados

25 Min to Table	25 Min Hands On	2 Whisks Easy
Getting Started	Heat a large dry skillet to cook the tortillas.	
From Your Pantry	You'll need a little olive oil, salt and pepper.	
Meal Tip	For a faster and neater dinner serve them as tacos, instead.	

Sweet Potato Kale and Rice Bowl with Peanut Sauce

40 Min to Table	20 Min Hands On	1 Whisk Easy
Getting Started	Preheat your oven to 450 & put a saucepan on to boil.	
Omnivore Option	We like this dish as is.	

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.	

Hot Honey Halloumi with Roasted Veggies & Tzatziki

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
From Your Pantry	You'll need olive oil, salt and pepper.	
Getting Started	Preheat your oven to 400.	

Mushroom Rigatoni with Parmesan Goat Cheese

15 Min to Table	15 Min Hands On	1 Whisk Easy
Getting Started	Bring a large saucepan of water to boil.	
Meal Tip	Lighten it up by using 2/3 of the pasta and sauce.	
From your Pantry	You'll need olive oil, and salt.	

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Hot Honey Halloumi with Roasted Veggies & Tzatziki	690	35	33	68	13	1030	39	22	80% Vitamin A	90% Vitamin D
(use 1/2 pepitas, 1/2 white sauce, 2/3 hot honey glaze)	580		30					17		
Shrimp Tostadas	500	39	14	57	11	708	x	15	48% Vitamin C	43% Vitamin D
Deconstructed Grilled Chicken Kabobs	669	71	20	55 CC 14	7	915		12	328% Vitamin A	185% Vitamin C
(use 1/2 the naan)	519		15					17		
Crisp Salmon with Olive Tapenade	635	26	39	52	6	1208		19	182% Vitamin C	22% Vitamin B-6
Steak Vesuvio	720	46	43	41 CC 30	9	620	x	22	36% Calcium	162 % Vitamin A
(Use 1/2 the cheese and butter)	550		39					15		
Mushroom Rigatoni with Parmesan Goat Cheese	930	25	64	67	4	370	7	31	25% Calcium	23% Potassium
Use 2/3 pasta and pesto sauce	670		45					22		
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	x	16	753% Vitamin A	127% Vitamin 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)	
Italian Sausage & Peppers with Penne Verde										
Southwestern Salmon with Fresh Corn Salsa	575	37	35	33		159		16		
Mexican Chicken Rice Bowl	535	72	17	28	8	722		9	266% Vitamin C	43% Vitamin A
Smoked Gouda, Asparagus & Pear Panini	720	33	43	56	11	1310	27	23	60% Calcium	48% Vitamin A
(use 1/2 the bread and 3/4 of the cheese)	570		36					17		
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)	
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
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
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.

Hot Honey Halloumi with Roasted Veggies & Tzatziki

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

This dinner brings big flavor with barely any fuss. We're searing halloumi and glazing it in a sweet-and-spicy hot honey sauce that's totally addictive. It's served over oven-roasted carrots, parsnips, beets, and squash—no peeling needed—with a drizzle of creamy tzatziki and a sprinkle of crunchy pepitas. Easy, bold, and seriously delicious.

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Beets, Carrots &
Parsnips
Zucchini & Summer
Squash
Pepitas
Halloumi
Hot Honey Glaze
Tzatziki Sauce

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and stir into the glaze with the halloumi 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, 33g Fat, 68g Carbs, 35g Protein, and 22 Freestyle Points.

Lightened-up health snapshot per serving – 580 Calories, 30g Fat, 47g Carbs, and 17g Freestyle Points, by using half of the Pepitas, half of the White Sauce, and two-thirds of the Hot Honey Glaze.

INGREDIENTS: Halloumi, Beets, Carrots, Parsnips, Zucchini, Yellow Squash, Honey, Tomatoes, White Balsamic Vinegar, Eggplant, Cream, Yogurt, Pepita, Lemon, Cilantro, Tahini, White Pepper, Crushed Red Pepper, Kosher Salt.

meez meals

1. Get Organized

Preheat the oven to 400.

2. Roast the Veggies

Toss the **Beets, Carrots & Parsnips** and **Zucchini & Summer Squash** with a healthy drizzle of olive oil, salt and pepper in a large mixing bowl. Arrange in a single layer on a baking sheet and bake until the veggies are starting to brown and are fork tender, about 20 to 25 minutes. Remove from the oven and toss with the **Pepitas** on the baking sheet.

3. Sear the Halloumi

After the veggies have been roasting for about 10 minutes, 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 olive oil in a large skillet over medium-high heat. When the oil is hot, add the halloumi in a single layer and lightly sprinkle with pepper. Cook until one side is golden brown, about 3 minutes, then flip and cook the other side until golden brown, an additional 3 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Heat the Hot Honey Glaze

Return the now-empty skillet to the stove over medium-high heat. Bring the **Hot Honey Glaze** to a boil, then reduce the heat to low and cook until it thickens enough to coat the back of a spoon, 1 to 2 minutes. Turn off the heat, add back the seared halloumi, and stir until well coated.

5. Put It All Together

Pour the **Tzatziki Sauce** on the bottom of your serving plates and top with the veggies and pepitas. Layer the hot honey halloumi no top of the veggies and enjoy!

The beets and carrots take the longest, so make sure that they are fork tender before you stop cooking!

Instructions for two servings.

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

Shrimp Tostadas

Get ready for some fun. We're making crispy, crunchy tostadas this week with seasoned black beans, sautéed shrimp, salsa fresco and a delicious lime crema. It's a taste of Mexico right in your own kitchen.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Corn Tortillas

Shrimp

Seasoned Black

Beans

Salsa Fresca

Queso Fresco

Lime Crema

Good To Know

Want dinner even easier? Serve them as tacos, instead. Warm the tortillas for about 30 seconds in a dry skillet and stuff with the fillings. It's faster and neater, but not as much fun!

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

Health snapshot per serving – 500 Calories, 14g Fat, 57g Carbs, 39g Protein, 708mg Sodium, 15 Smart Points

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

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



INGREDIENTS: Corn Tortillas, Shrimp, Queso Fresco Cheese, Tomatoes, Onions, Cilantro, Garlic, Sour Cream, Brown Sugar, Lime Juice, Cumin, Coriander, Crushed Red Pepper

meez meals

1. Prepare the Tortillas

Heat a large, dry skillet over medium-high heat. Spray or brush the **Corn Tortillas** with olive oil on both sides, then put onto the skillet. Cook two at a time until crisp on one side, about 3 minutes, then flip and cook until fully crisped, about 2 minutes more. Repeat for the other two tortillas.

Everyone's tortillas will cook differently, so use these cooking times as a guide. Watch them as they cook, until they are just the way you love them.

2. Cook the Shrimp

In the now empty skillet, heat 1 Tbsp olive oil over medium-high heat. Dry and lightly salt the **Shrimp**. Cook for a minute on each side until they are opaque and no longer grey in color. Place shrimp on a plate or cutting board and cut each shrimp in half and set aside.

3. Cook the Seasoned Black Beans

In the same skillet, heat 2 Tbsp of olive oil over medium-high heat. When the oil is very hot, add the **Seasoned Black Beans** and cook for 3-5 minutes, until they get a little crispy.

Remove from the heat and add $\frac{3}{4}$ cup of water. Return the pan to medium heat and mix and mash with the back of a fork or spatula until you have a smooth mix and salt and pepper to taste.

If you find the beans are thicker than you'd like, try mixing in about two tablespoons of water at a time until it's the consistency you want.

4. Build your Tostadas

Place crisp tortillas on a large plate or serving platter. For each tortilla, spread the beans on top, and spread the shrimp on top of the beans,

Instructions for two servings.

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

pressing in slightly to keep them in place. Spoon out **Salsa Fresca** and **Queso Fresco** cheese on top and then drizzle with **Lime Crema**.

Love this recipe? #meezmagic

INGREDIENTS: Corn Tortillas, Shrimp, Queso Fresco Cheese, Tomatoes, Onions, Cilantro, Garlic, Sour Cream, Brown Sugar, Lime Juice, Cumin, Coriander, Crushed Red Pepper

meez*meals*

Deconstructed Grilled Chicken Kabobs

Juicy grilled chicken, summer squash, and seared bell peppers paired with an arugula pesto that's just right for summer...it is just plain delicious. We're serving it over warm naan for a dinner the whole family will love.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Cutting Board

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Naan
Zucchini & Summer
Squash
Bell Peppers
Arugula Pesto

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you Veggie "Rice" instead of the naan, reducing the **carbs per serving to 15g**. After step 2, do not wipe out the pan and add the veggie rice to the skillet and cook until it starts to brown, about 3 to 4 minutes. Use in place of naan in step 4.

Good To Know

If you want to **grill the chicken**, cook to an internal temperature of 160 degrees and let sit for 5 minutes (it will continue to cook to finish at 165 degrees).

Health snapshot per serving – 665 Calories, 71g Protein, 19g Fat, 55g Carbs, and 12 Freestyle Points.

Lightened-Up Health snapshot per serving – 520 Calories, 15g Fat, 32g Carbs, and 7 Freestyle Points by using half the naan.

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

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INGREDIENTS: Chicken, Naan, Zucchini, Summer Squash, Bell Peppers, Artichoke, Arugula, Chive, Parmesan, Olive Oil, Lemon, Garlic.

meez*meals*

1. Cook the Chicken

Pat dry the **Chicken Breasts** with a paper towel and sprinkle with salt and pepper. Heat a large skillet with 2 Tbsp of olive oil over medium-high heat. When the oil is hot, add the chicken and cook until it is crisp and brown, about 4 minutes. Turn the chicken over and cook until the other side is brown as well, about 3 to 4 additional minutes. Transfer the chicken to a cutting board. Do not wipe out the pan.

Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into 1" cubes and set aside.

If you want to use your grill instead, cook the chicken to an internal temperature of 160 degrees and let sit for 5 minutes (it will continue to cook to finish at 165 degrees).

2. Cook the Veggies

While the chicken is resting, return the skillet to the stove over high heat and add the **Zucchini & Summer Squash** and **Bell Peppers** with a generous pinch of salt. Sauté until the edges of the squash start to char, about 5 minutes. Remove from the pan and set aside. Wipe out the skillet.

If your grilling, heat the naan on the grill.

3. Warm the Naan

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

4. Put It All Together

Serve the chicken on the warm naan and drizzle with the **Arugula Pesto**. Top with the cooked veggies and enjoy!

Instructions for two servings.

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

Crisp Salmon with Olive Tapenade

We're topping pan-fried salmon with our favorite tapenade. It has kalamata olives, plus a not-so-secret ingredient: sweet cherries. Sound strange? Cherries balance the olives, making a combo that's perfect over crispy salmon. Served over Dijon Brussels sprouts and fingerling potatoes, it's a gourmet taste in just 20 minutes.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Skillets
- Shallow Pie Pan or Plate

FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Fingerling Potatoes
- Brussels Sprouts
- Salmon
- Olive Tapenade
- Mustard Vinaigrette

Make The Meal Your Own

Picky Eaters Tip – Cooking with someone who doesn't love Brussels sprouts? Cook the potatoes and Brussels separately, and keep all of their Brussels sprouts for yourself!

If you ordered the **Carb Conscious** version we sent you broccoli instead of the potatoes reducing the total **carbs** to **18g**, you can skip Step 1. and in Step 2. Simply add the broccoli where it says to add the potatoes.

Good To Know

Health snapshot per serving – 635 Calories, 39g Fat, 26g Protein, 52g Carbs, 19 Smart Points

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

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INGREDIENTS: Salmon, Fingerling Potatoes, Brussels Sprouts, Olive Oil, Kalamata Olives, Apple Cider Vinegar, Green Onion, Dijon Mustard, Brown Sugar, Dried Cherries, Garlic, Herbs

meez meals

1. Prep the Potatoes

Cut the **Fingerling Potatoes** in half lengthwise and then cut across to create small, even pieces, about ½" each.

2. Make the Dijon Brussels & Potatoes

Heat 1 Tbsp oil in a large skillet over high heat. Add the cubed potatoes and cook, stirring occasionally, until starting to brown on the edges, 3 to 5 minutes. Add the **Brussels Sprouts** along with a generous pinch of salt and pepper and cook, stirring, until the Brussels are well browned and the potatoes are fork tender, about 10 to 15 minutes. Mix half of the **Mustard Vinaigrette** into the cooked Brussels and potatoes.

3. Cook the Salmon

While the hash is cooking, pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining salmon.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook until it colors about halfway up the sides, about 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

4. Put It All Together

Serve the veggies topped with salmon. Spread the **Olive Tapenade** on the salmon to taste and drizzle the finished dish with remaining vinaigrette.

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

Place the salmon in the pan early to avoid any oil splashing.

Instructions for two servings.

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

Steak Vesuvio

Vesuvio is a Chicago classic. We're serving it up with a Meez twist using steak smothered in lemon-butter sauce with Italian spices, roasted carrots and cheesy smashed potatoes. It's a restaurant-worthy dinner that's on your table in a flash.

35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

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

MEEZ CONTAINERS

Red Potatoes
Carrots
Cheesy Sour Cream
Steak
Lemon
Seasoned Onions &
Capers

Good To Know

If you ordered the **Carb Conscious version**, we sent cauliflower instead of the red potatoes, reducing the **carbs per serving to 30g**. In Step 2, Roast the Carrots for 10 minutes, then, while you are turning the baking sheet, add the cauliflower with oil and pepper. Roast until fork tender, an additional 15 minutes. Use the roasted cauliflower in place of the potatoes at the end of step 2.

Health snapshot per serving 720 Calories, 46g Protein, 41g Carbs, 43g Fat, 22 Freestyle Points

Lightened-up health snapshot per serving: 550 Calories, 39g Carbs, 27g Fat, 15 Freestyle Points by using half the cheese and half the butter

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

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YouTube cooking video**



INGREDIENTS: Steak, Red Potatoes, Carrots, Sour Cream, Gouda, White Cheddar, Butter, Yellow Onion, Garlic, Capers, Basil, Parsley, Chives, Savory, Oregano, Lemon, Black Pepper

meez meals

1. Get Organized

Preheat the oven to 425 degrees. Spray or brush a baking sheet with olive oil.

2. Roast the Carrots and Potatoes

Cut the **Red Potatoes** in half and place, cut-side-down on the oiled baking sheet. Group them on one half of the baking sheet, then arrange the **Carrots** on the other half. (If they don't fit in a single layer, use a second sheet). Lightly drizzle everything with a little olive oil, salt and pepper.

Roast the vegetables until the carrots are a deep, charred color and the potatoes are soft and brown, about 25 minutes, rotating the sheet halfway through cooking and stirring the carrots.

Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash the potatoes to about ½" to ¾" thickness while they are still on the baking sheet. Top with the **Cheesy Sour Cream**, then set aside until step 5.

3. Cook the Steak

When the potatoes are about half-way through baking, heat 1 Tbsp olive oil a skillet over high heat. While the oil is heating, pat the **Steak** dry with a 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, then slice into ½" strips. Wipe out the skillet.

4. Make the Vesuvio Sauce

While the steaks are resting, return the now-empty skillet to the stove over low heat. Slice the **Lemon** in half and place in the skillet, cut side down and add 2 Tbsp of butter. Once the butter has melted, add the **Seasoned Onions & Capers** and cook, stirring continuously, until the onions become translucent, about 2 to 3 minutes.

5. Put It All Together

Top the sliced steak with the Vesuvio sauce and a squeeze of lemon. Serve alongside the smashed potatoes and Carrots. Enjoy!

*It is important
the potatoes
are right out
of the oven
when you
smash and top
them. You
need the heat
to melt the
cheese.*

*Cook on low
heat so the
garlic won't
burn and
become
bitter.*

Instructions for two servings.

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

Mushroom Rigatoni with Parmesan Goat Cheese

This speed meal is a mushroom-lovers dream. We're using a flavorful Parmesan and basil goat cheese, sautéed cremini mushrooms and splash of cream to add an indulgent richness that we just love. Tossed with arugula and rigatoni, it's simple and sophisticated and on the table in a flash.

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet

FROM YOUR

PANTRY

Olive Oil
Salt

5 MEEZ CONTAINERS

Rigatoni
Cremini
Mushrooms
Arugula
Mushroom
Sauce
Parmesan Goat
Cheese

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the pasta 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 – 930 Calories,
25g Protein, 64g Fat, 67g Carbs.

Lightened Up Health snapshot per serving – 670 Calories,
45g Fat, 47g Carbs, using two-thirds of the pasta and sauce.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super-Easy

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cooking video



INGREDIENTS: Mushrooms, Rigatoni, Arugula, Goat Cheese, Parmesan, Asiago, Cream, Olive Oil, Basil, Garlic, Black Pepper, Kosher Salt.

meez *meals*

1. Get Organized

Bring a large saucepan of water to boil.

2. Cook the Rigatoni

Add the **Rigatoni** to the boiling water with a pinch of salt and cook until al dente, about 8 to 12 minutes. Drain well and follow the instructions in Step 4.

3. Sauté the Mushrooms and Arugula

As soon as the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the **Cremeni Mushrooms** and cook until they begin to soften, about 3 minutes. Add the **Arugula** and cook until it wilts, about 2 additional minutes. Turn off the heat.

4. Put It All Together

Add the cooked and drained rigatoni, **Mushroom Sauce** and $\frac{3}{4}$ of the **Parmesan Goat Cheese** to skillet with the cooked mushrooms and arugula and turn the heat to low. Stir well until the goat cheese melts and everything is combined and warm, about a minute.

Transfer to serving bowls and top with dollops of the remaining cheese. Enjoy!

Instructions for two servings.

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

Sweet Potato, Kale & Rice Bowl with Peanut Sauce

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top of the rice bowl 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

Chef's Note -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 570 Calories, 28g Protein 11g Fiber,
16 Smart Points

SCAN QR CODE
to view YouTube
cooking video



INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

meez *meals*

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.

3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

4. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

If you prefer softer kale, cook it for a few extra minutes.

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

We found 2 to 4 Tbsp water is just right.

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.

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 *

Southwestern Salmon with Fresh Corn Salsa

Get ready for a flavor sensation! Salmon seasoned with zesty Southwestern spices, then topped with a fresh corn and tomato salsa. We're serving it up over cauliflower "rice", for a speedy low carb meal.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

Flour (1 Tbsp)
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Cauliflower
Southwest Seasoning
Salmon
Corn & Tomato Salsa

Make The Meal Your Own

We love using cauliflower as the "rice" in this dish, but if you want to bulk it up, toss the cauliflower with your favorite grain (we like quinoa) and serve it with the salmon and salsa on top.

Salmon has a reputation for being tricky to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes on each side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

Not a fan of spice? Use just half of the southwest seasoning to coat the salmon.

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

Health snapshot per serving – 390 Calories,
15g Fat, 41g Protein, 25g Carbs,
16 Freestyle Points

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



INGREDIENTS: Responsibly Fished Salmon, Cauliflower, Corn, Grape Tomatoes, Olive Oil, Cilantro, Lime Juice, Apple Cider Vinegar, Spices

meez meals

1. Cook the Cauliflower

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Cauliflower** and cook until well browned, 7 to 10 minutes. Remove to a bowl or serving dish and return the skillet to the stove.

2. Season and Cook the Salmon

Combine the **Southwest Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Pat the **Salmon** fillets dry with a paper towel and then coat each one with the seasoning mixture, making sure each fillet is completely covered.

Heat 2 Tbsp of oil in your now-empty skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat, cover and let sit for 5 minutes.

3. Put It All Together

Combine the **Corn & Tomato Salsa** with 1 Tbsp olive oil in a small bowl.

Serve the cauliflower topped with salmon and Corn & Tomato Salsa. Enjoy!

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

*Place the salmon in
the pan gently to
avoid any oil
splashing.*

Love this recipe? #meezmagic

Instructions for two servings.

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

Mexican Chicken Rice Bowl

Cilantro Lime Crema marinated chicken over white rice (or try the carb conscious version over cauliflower "rice") with red salsa and plenty of poblano peppers, corn, beans, and Monterey Jack. It's a delicious new take on the Mexican rice bowl.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Ziplock bag or small
marinating bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cilantro Lime Crema
Rice
Chicken
Poblanos
Salsa & Cheese

Good to Know

If you ordered the **Carb Conscious version**, we sent Cauliflower "Rice" instead of the white rice, reducing the **carbs per serving to 27g**. Combine the Cauliflower "Rice" with the poblano peppers and cook per the instructions in step 3.

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

Health snapshot per serving – 640 Calories, 71g Protein, 17g Fat, 54g 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



INGREDIENTS: Chicken Breast, White Rice, Poblanos, Tomato, Corn, Black Bean, Sour Cream, Chihuahua, Monterey Jack, Garlic, Onion, Cilantro, Enchilada Sauce, Lime.

meez meals

1. Getting Organized

Put a saucepan of water on to boil. Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

2. Marinade the Chicken

Pour 2/3 of the white **Cilantro Lime Crema** in a ziplock bag. Set the remaining 1/3 aside until step 5.

Dry and generously sprinkle the **Chicken** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Cut three slits in the chicken lengthwise about ¼" deep on each side. Place chicken into the ziplock bag with the Cilantro Lime Crema and seal, then marinate for at least 5 minutes.

3. Sauté the Poblanos

Heat 2 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Poblanos** and sauté until the vegetables start to soften and brown, about 4 to 6 minutes. Remove from the heat set aside. Do not wipe out the skillet.

4. Cook the Chicken

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is very hot, add the chicken (dispose of the marinade in the ziplock bag) and cook until it is brown, about 4 minutes. Flip and cook the other side until it is also brown, about 4 additional minutes. Remove from the heat and place the chicken on a cutting board to rest for 5 minutes. After the chicken has rested slice it into ¼" strips.

5. Heat the Sauce

While the chicken is resting, wipe-out the skillet and return it to the stove. Lower the heat to medium and add the red **Salsa & Cheese**. Stir the sauce until it is hot and lightly bubbling.

6. Put It All Together

Top the cooked rice with the poblanos, salsa & cheese and chicken. Drizzle with the remaining Cilantro Lime Crema. Enjoy!

The amount of water you use doesn't matter as long as you have enough to keep the rice submerged while cooking.

If the marinade begins to burn, reduce the heat, and extend the cooking time to ensure the chicken center is fully cooked.

Instructions for two servings.

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

Smoked Gouda, Asparagus & Pear Panini

The rich flavors of smoked Gouda, tender asparagus, sweet roasted pear, and grilled whole grain panini bring perfect balance to our latest sandwich creation. Served with strawberry vinaigrette drizzled spinach and arugula, it's simple sophistication at its finest.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Whole Grain Panini
Bread
Pear
Strawberry Vinaigrette
Asparagus
Smoked Gouda &
Provolone
Spinach & Arugula

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook protein (per instructions below). Slice it into strips (*flake the salmon, leave the shrimp whole*) and layer into the panini 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 – 720 Calories, 43g Fat, 33g Protein, 56g Carbs, 23 Freestyle Points

Lightened up Health Snapshot per Serving- 570 calories, 36g Fat, 43g Carbs, 17 Free style points by using half the bread and having the sandwich open-faced and using $\frac{3}{4}$ of the cheese

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

INGREDIENTS: Whole Grain Panini Bread, Asparagus, Pear, Smoked Gouda, Provolone, Spinach, Strawberry, Arugula, Olive Oil, Green Onion, White Vinegar, Mustard, Lime, Sugar, Garlic, Thyme

meez *meals*

1. Toast the Bread

Lightly brush both sides of the **Whole Grain Panini Bread** with olive oil. Heat a large skillet over medium high heat and toast both sides of each slice, about 2 to 3 minutes per side. (You may need to work in batches depending on the size of your skillet.) Transfer the toasted bread directly to serving plates. Do not wipe out the skillet.

2. Cook the Pears

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Cut the **Pear** (working around the core) into 1/4" slices and add to the skillet with 2 Tbsp of the **Strawberry Vinaigrette**. Mix in the skillet until the pears are coated, then arrange in a single layer. Cook until they start to soften and the glaze has caramelized on the outside, about 3 to 4 minutes. Remove from the skillet and place on top of two of the toasted bread slices (these will be the bottom slices of bread for the panini.) Wipe out the skillet.

3. 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** with a sprinkle of salt and pepper and sauté, stirring occasionally, until the asparagus is bright green and starts to char, about 5 to 6 minutes. Turn off the heat and add the **Smoked Gouda & Provolone** and one-third of the **Spinach & Arugula**. Stir until the greens are wilted and the cheese is completely melted, 1 to 2 minutes.

4. Put It All Together

Top the pears with the contents of the skillet and press the top piece of bread down firmly with a spatula to hold everything together.

Toss the remaining spinach & arugula and remaining strawberry vinaigrette in a large mixing bowl and serve alongside the panini sandwiches. Enjoy!

Instructions for two servings.

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