

Gochujang Salmon with Smashed Cucumber Salad

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water onto boil.

From Your Pantry

You'll need olive oil, salt and pepper.

Caper Tilapia with Parsley and Potatoes

35 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You will need 1 1/2 Tbsp butter per serving.

Getting Started

Preheat your oven to 400.

Quick Tips



Passion Fruit Teriyaki Shrimp

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water onto boil.

From Your Pantry

You'll need olive oil, salt and pepper

Gyros Mini Tacos

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1½ Tbsp olive oil in a large skillet over medium high heat.

From Your Pantry

You'll need a little bit of olive oil.

Creamy Chicken Orzo

40 Min
to Table

20 Min
Hands
On

2 Whisks
Super
Easy

Getting Started

Put a saucepan of water onto boil.

From Your Pantry

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

Chicken Parmesan with Basil Aioli Kale Slaw

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

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

Brazilian Farro with Roasted Pineapple

30 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

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

Picky Eaters Tip

Serve their portion with olive oil instead of the vinaigrette.

Omnivore Option

Ground Turkey is delicious in this dish.

Steak Au Poivre

35 Min
to Table

35 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

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

Knife & Fork Grilled Cheese

25 Min
to Table

25 Min
Hands
On

2 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From your Pantry

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

Udon Noodle Salad with Sriracha Roasted Brussels Sprouts

30 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Picky Eater Tip

Keep the ingredients separate and let everyone create their own bowl.

Getting Started

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

Ravioli with Arugula Pesto

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a large saucepan of water on to boil.

From Your Pantry

You'll need olive oil, salt and pepper

Meal Tip

Add the pesto to your taste.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Gochujang Salmon with Smashed Cucumber Salad	580	25	20	77	3	1980	30	16	40% Iron	30% Calcium
Creamy Chicken Orzo (make 1/2 the sauce, use 1/2 the buter & flour)	798	75	34	54 CC 37	8	1562		20	120% Vitamin A	198% Vitamin C
	630		18					11		
Ravioli with Arugula Pesto	560	32	17	67	6	1048		15	51% Vitamin A	157% Vitamin C
Gyros Mini Tacos (use 1/2 the tortillas and 1/2 the greek sauce)	665	55	21	59	9	991	8	17	63% Vitamin C	21% Vitamin A
	545		18					15		
Passion Fruit Teriyaki Shrimp	350	23	8	54 CC 40	4	1920	24	9	60% Vitamin A	60 % Vitamin C
Steak Au Poivre (½ sauce, roast the potatoes)	840	40	51	57 CC 28	8	569	12	31	83% Vitamin A	74% Vitamin B-12
	640		31					21		
Udon Noodle Salad with Sriracha-Roasted Brussels Sprouts	565	39	19	65 CC 37	14	1265		15	30% Vitamin A	24% Vitamin B-12

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Caper Tilapia with Parsley and Potatoes (½ the butter and oil, and ¾ potatoes)	660	47	25	57	4	1166	6	19	115% Vitamin C	19% Iron
	515		14					14		
Brazilian Farro with Roasted Pineapple ½ the sauce and a sprinkle of seeds	770	11	43	90	11	136	x	26	100% Vitamin C	48% Vitamin B-6
	500		15					16		
Chicken Parmesan with Basil Aioli Kale Slaw (use 1/2 the breadng and basil oil)	980	77	58	37	4	1320	8	24	83% Calcium	106% Vitamin B6
	780		42					17		
Knife & Fork Grilled Cheese (use 1/2 the bread, place egg on top of cheese)	685	36	33	63	6	1180		20	19% Vitamin A	56% Calcium
	565		30					16		
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)	
Tiramisu for Two	500	6	30	53	3	370		27	25% Iron	6% Vitamin A
THE Carrot Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Rockslide Brownie	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Peanut Butter 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.

Gochujang Salmon with Smashed Cucumber Salad

Gochujang brings bold flavor to this restaurant-inspired salmon dish without overwhelming heat. A sweet and savory glaze of honey, grapefruit, and miso coats the salmon, while mandarin-mint rice and a cool smashed cucumber salad with sesame ginger vinaigrette provide the perfect fresh contrast. Bright, balanced, and on the table in about 20 minutes, it's an easy way to enjoy big Korean-inspired flavors at home.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan (with a cover)
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Crushed Mandarin Oranges & Mint
Salmon
Gochujang Glaze
Cucumbers
Sesame Ginger Vinaigrette

Good to Know

Health snapshot per serving – 580 Calories, 20g Fat, 77g Carbs, 25g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Salmon, Cucumbers, Jasmine Rice, Mandarin Oranges, Grapefruit, Gochujang, Rice Wine Vinegar, Honey, Tamari, Sesame Oil, Miso, Peanuts, Cilantro, Mint, Sugar, Ginger Paste, Black & White Sesame Seeds

meez meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water with a pinch of salt and cook uncovered until the rice is tender, about 10 to 12 minutes. Remove from heat and drain well. Return to the saucepan and stir in the **Crushed Mandarin Oranges & Mint**. Cover and set aside until step 5.

3. Create the Cucumber Salad

While the rice is cooking, use a mallet or the bottom of a saucepan, to smash the **Cucumbers** inside the bag until each has broken into a few pieces. Combine the smashed cucumbers and water or chunks left in the bag, with the **Sesame Ginger Vinaigrette**. Stir well and refrigerate until step 5.

Don't smash the cucumbers to a pulp, you just want each section to break into 2 or 3 bite-sized pieces.

4. Cook the Salmon

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** with a paper towel and when the oil is hot, cook until the bottom turns brown, about 3 minutes. Flip and add the **Gochujang Glaze** (the orange sauce) and cook the other side for 3 additional minutes while spooning the sauce on top of the salmon. The sauce should thicken enough to be able to coat the back of a spoon.

5. Put It All Together

Serve the salmon and any leftover glaze on top of the rice and oranges, alongside the cucumber salad. Enjoy!

Instructions for two servings.

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

Creamy Chicken Orzo

Orzo has a magic all its own. That's what we're celebrating in this recipe. Smothered tender orzo pasta, sautéed broccoli, cremini mushrooms, and diced carrots and celery in a cream sauce that's out of this world. With shredded chicken, it's a perfect family dinner.

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet

FROM YOUR PANTRY

Flour (1½ Tbsp)
Butter (1½ Tbsp)
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Orzo Pasta
Chicken Breast
Broccoli
Carrots & Parsnips
Mushrooms
Cream Sauce

Good To Know

If you ordered the **Carb Conscious version** we sent you cauliflower "rice" instead of the orzo pasta **reducing the carbs per serving to 33g**. Skip steps 1 and 2. After step 3, heat 2 Tbsp olive oil in the now empty skillet over high heat. When the oil is hot, cook until the cauliflower starts to brown, about 3 to 4 minutes. Set aside until step 5.

If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions in step 2 but cook the rice for 15 to 20 minutes.

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 – 740 Calories, 56g Protein, 30g Fat, 60g Carbs, and 17 Freestyle Points.

Lightened Up Health snapshot per serving – 600 Calories, 18g Fat, 55g Carbs, and 11 Freestyle Points using half the sauce, half the butter and half the flour.

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

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40 Minutes to the Table

40 Minutes Hands On

2 Whisks Easy

INGREDIENTS: Chicken Breast, Orzo, Broccoli, Mushrooms, Onion, Parsnip, Carrot, Celery, Parsley, Thyme, Basil, Miso, Cream, Chicken Stock.

meez meals

1. Get Organized

Put a large saucepan of water to boil.

2. Cook the Orzo Pasta

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

3. Cook the Chicken

While the orzo is cooking, heat a large skillet with 1½ Tbsp of olive oil over medium-high heat. Pat dry and generously salt and pepper the **Chicken** on both sides 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 pan.

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).

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 **Broccoli** and cook until it starts to brown and is nearly fork tender, about 7 to 8 minutes. Transfer the cooked broccoli to the saucepan with the cooked orzo and replace the cover. Do not wipe out the skillet.

Return the now-empty skillet to the stove over medium high heat and add the **Carrots & Parsnips** and **Mushrooms**. Sauté until the veggies start to char, about 2 to 3 minutes. Add 1 Tbsp butter and when melted, mix-in 1 Tbsp flour. Cook until the veggies are well covered in flour and it starts to turn brown, an additional 2 to 3 minutes.

Add the **Cream Sauce** and 2/3 cup of water and bring to a boil. Reduce the heat to medium and continue simmering until the sauce is thick enough to coat the back of a spoon, about 3 to 4 minutes. Remove from the heat.

5. Put It All Together

Add the cooked orzo, broccoli, and chicken to the skillet. Stir well and serve. Enjoy!

Instructions for two servings.

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

Ravioli with Arugula Pesto

We're putting together two of our favorite ravioli flavors into one knockout dinner: spinach and artichoke. Tossed with seared summer squash, peppers and our signature arugula pesto, it's a fifteen-minute dinner that's high on flavor, low on effort.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Ravioli
Veggies
Arugula Pesto
Italian 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 veggies at the end of step 3.

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

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

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

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

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

Good To Know

Health snapshot per serving – 610 Calories, 27g F at,
23g Protein, 76g Carbs, 18 Freestyle Points.

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INGREDIENTS: Spinach Artichoke Ravioli, Zucchini, Summer Squash, Onion, Bell Peppers, Arugula, Chive, Parmesan, Asiago, Olive Oil, Lemon, Garlic.

meez meals

1. Get Organized

Bring a large saucepan of water to boil with a pinch of salt.

2. Cook the Ravioli

Add the **Ravioli** to the boiling water and cook until al dente, about 4 minutes. Drain well and transfer directly to serving bowls.

3. Prepare the Veggies

While the Ravioli are cooking, add 1 Tbsp olive oil to a large skillet over high heat. When the oil is hot, add the **Veggies** and a sprinkle of salt and pepper. Sauté until they turn bright colors about 2 minutes.

Transfer the cooked veggies to a large mixing bowl and lightly toss with 2 Tbsp of the **Arugula Pesto**.

*We've given you extra
Arugula Pesto. Start with
a little and add more as
desired.*

4. Put It All Together

Spoon the veggies and pesto over the ravioli. Top with the **Italian Cheese** and enjoy!

Instructions for two servings.

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

Gyros Mini Tacos

A classic Gyros with a Meez twist. Our Greek Sauce, served up over tomatoes and onions and gyros meat then served up in a mini-taco.

10 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

4 MEEZ CONTAINERS

Gyros Meat

Tortillas

Greek Sauce

Onions

Good To Know

If you're a huge cucumber fan, slip some in. It's a great way to bulk these tacos up even more.

Health snapshot per serving – 665 Calories, 21g Fat, 55g Protein, 59g Carbs, 17 Freestyle Points

Lightened-Up Health snapshot per serving – 545 Calories, 18g Fat, 52g Protein, 41g Carbs, 15 Freestyle Points with two tortillas per serving and two-thirds of the sauce.

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: Gyros meat, Tortillas, Onion, Tomato, Sour Cream, Cilantro, Lime, Pineapple, Garlic, Vinegar, Kosher Salt

meez *meals*

1. Cook the Gyros Meat

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Add the **Gyros Meat** and cook until edges are slightly crispy, 3 to 4 minutes. Remove from heat and set aside.

2. Warm the Tortillas

Wipe out the skillet used for the gyros meat and return to stove over medium heat. Place each **Tortilla** in the pan until warm and soft, about 15 to 25 seconds per side.

3. Assemble the Gyros

Fill the tortilla with the gyros meat and top with the **Onions** and **Greek Sauce**. Enjoy!

Instructions for two servings.

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

Passion Fruit Teriyaki Shrimp

We're giving classic teriyaki a fresh twist with the addition of passion fruit. The sauce delivers a perfect balance of savory depth and gentle sweetness, coating tender shrimp and soaking into the rice below. Paired with lightly charred vegetables and a crisp finish of herbs and crunchy vegetables, it's fast, flavorful, and beautifully balanced.

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Rice Sauce
Bok Choy, Cabbage &
Onions
Shrimp
Passion Fruit Teriyaki
Sauce
Carrots, Radish & Herbs

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 40g**. Skip step 1. Heat 1 Tbsp olive oil in a second large skillet over medium-high heat. Sauté the cauliflower "rice" with olive oil, salt and pepper until browned, 3 to 4 minutes. Turn off the heat and stir in the rice sauce and cover and set aside. Use in place of the rice.

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

Health snapshot per serving – 350 Calories, 8g Fat, 54g Carbs, 23g Protein, and 9 Freestyle Points.

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

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Shrimp, Jasmine Rice, Bok Choy, Green Cabbage, Red Onion, Tamari, Brown Sugar, Daikon Radish, Carrot, Green Onion, Passion Fruit, Garlic, Ginger, Rice Wine Vinegar, Sesame Oil, Sugar, Mirin, Cilantro.

meez meals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 10 to 12 minutes. Drain well, return to the saucepan and stir in the **Rice Sauce** (the lighter sauce with smaller volume) until well coated. Cover and set aside.

3. Sear the Vegetables

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 **Bok Choy, Cabbage & Onions** and a sprinkle of salt and pepper. Cook, stirring occasionally, until the veggies char and start to soften, about 4 to 5 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Cook the Shrimp and Sauce

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry and pepper the **Shrimp**. When the oil is hot add the shrimp and cook until opaque, about 1 minute each side. Remove from the skillet and set aside. Add the **Passion Fruit Teriyaki Sauce** (the darker brown sauce) to the empty skillet and bring to a boil. Reduce the heat to medium and simmer, stirring occasionally, until it thickens enough to coat the back of a spoon, about 3 to 4 minutes. Turn off the heat and stir in the cooked shrimp.

5. Put It All Together

Serve the vegetables on top of the rice and spread the shrimp and teriyaki sauce on top. Sprinkle with the **Carrots, Radish & Herbs** and enjoy!

Instructions for two servings.

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

Steak Au Poivre

One of France's most classic steak dishes. We're cooking our Steak Au Poivre with a magical butter sauce spiked with pepper, wine and cream that makes this dinner of seared steak, roasted broccoli and mashed potatoes sing. It's a restaurant worthy dinner you can whip up in just over a half-hour. Viva la France!

35 *Minutes to the Table*

35 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet(s)
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
½ Tbsp Flour per serving
¾ Tbsp Butter per serving

6 MEEZ CONTAINERS

Red Skin Potatoes
Steak
Broccoli
Onions & Garlic
Au Poivre Sauce
Parsley

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of potatoes to make "mashed cauliflower." This reduces the **carbs per serving to 28g**. Replace Step 2: set a large pot of water to boil over high heat. Once the water is boiling add the cauliflower and cook until soft, about 10 minutes. Drain and use the cooked cauliflower in place of the potatoes in Step 6.

Health snapshot per serving – 840 Calories, 40g Protein, 51g Fat, 57g Carbs, 31 Smart Points

Lighten Up snapshot per serving – 640 Calories, 31g Fat, and 21 Smart Points by using half of the Au Poivre sauce and eliminating the mashing of the potatoes (simply roast them per the instructions and then drizzle a small amount of the Au Poivre sauce on top).

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 Skin Potato, Broccoli, Red Onion, Garlic, Parsley, Wine, Cream, Chicken Broth, Dijon Mustard, Brown Sugar, Black Pepper,

meez meals

1. Get Organized

Preheat oven to 425.

2. Prepare the Potatoes

Cut **Red Skin Potatoes** in half and place on baking sheet with the skin side up. Drizzle with olive oil and cook for 10 minutes (will move on to Step 4 and cook for another 10-12 minutes or 20-22 minutes total).

3. Cook the Steak

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

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

4. Cook the Broccoli

Take the baking sheet out of the oven and place the **Broccoli** next to the potatoes. Drizzle broccoli with olive oil and salt and pepper and cook for 10 to 12 minutes until potatoes are soft and broccoli is just beginning to brown.

5. Make the Au Poivre Sauce

While broccoli is cooking, wipe clean the skillet used for steak and heat 1 Tbsp of oil over medium-high heat. Add the **Onions & Garlic** and cook until the onions are translucent, about 4 to 6 minutes. Add 1½ Tbsp butter and when the butter is melted add 1 Tbsp flour and cook until the flour is beginning to brown, about 2 minutes. Add the **Au Poivre Sauce** and stir, scrapping the browned bits of flour off the bottom of the pan. Cook until sauce is consistency of gravy and has turned a golden brown, about 2 to 3 minutes. Remove from heat.

6. Create the Mashed Potatoes and Serve

Place the cooked potatoes in a mixing bowl, add salt and pepper, and 1/3 cup of the finished Au Poivre Sauce. With a fork, break-up and stir the potatoes until they are the consistency of mashed potatoes (some chunks are perfectly OK), mixing in the Au Poivre sauce thoroughly.

Plate the broccoli, steak & mashed potatoes, Drizzle steak and broccoli with Au Poivre sauce and top all with parsley. Enjoy!

*Red Potatoes
don't do well
when they are
cut in advance,
so we're
sending them
to you whole.*

*The Au Poivre
sauce should
be bubbling as
it thickens
during this
step.*

*Include the
onions in your
mashed
potatoes. They
add great
flavor!*

Instructions for two servings.

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

Udon Noodle Salad with Sriracha Roasted Brussels Sprouts

Asian flavors bring out the best in Brussels sprouts. Especially when you roast them with our sweet and spicy sriracha sauce, which gives them a magical flavor we just can't resist. Paired with organic tofu, udon noodles and roasted peanuts, it's just as delicious hot as it is cold.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Brussels Sprouts
Tofu
Udon Noodles
Soy Lime Sauce
Sriracha
Peanuts

Add Protein Cooking Instructions

Integrate into recipe: While the udon noodles are cooking in step 3, cook the protein (per the instructions below). Slice the protein into strips (flake the salmon, leave the shrimp whole). Stir into the salad 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 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.

Make the Meal Your Own

If you ordered the **carb conscious version**, you received zucchini "noodles" reducing the **carbs per serving to 37g**. In step 2., heat 1 Tbsp oil in a large skillet over high heat. Cook the zucchini with a little salt & pepper, without stirring, until the charred, about 3 minutes. Transfer directly to serving bowls.

If you're making the gluten-free version, we've sent you rice noodles instead. Cook until tender, about 7 minutes, then drain and rinse under cold water.

We love to eat this as a cold noodle salad, but if you want to eat right away, it's just as delicious served

Health snapshot per serving – 565 Calories, 19g Fat, 39g Protein, 65g Carbs, 15 Smart Points

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INGREDIENTS: Brussels Sprouts, Tofu, Udon Noodles, Lime, Tamari Sauce, Brown Sugar, Sriracha, Peanuts

meez *meals*

1. Getting Organized

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

2. Roast the Brussels Sprouts & Bake the Tofu

Put the **Brussels Sprouts** on a rimmed baking sheet. Drizzle with olive oil, then arrange in a single layer. Bake for 15 minutes and then add the **Tofu** to the baking sheet. Cook until the Brussels sprouts are brown in places, about 10 additional minutes.

The crispiness level is up to you. Jen likes her sprouts on the crispy side, while Chef Max prefers them a little soft.

3. Cook the Udon

While the Brussels and tofu are cooking, add the **Udon Noodles** to the boiling water and cook until just soft, about 7 to 10 minutes. Drain.

4. Put It All Together

Put the **Soy Lime Sauce** into a large mixing bowl with 1 to 2 Tbsp olive oil. Stir to combine and then add **Sriracha** to taste. Toss with the sprouts and tofu when they come out of the oven.

If you don't like a lot of heat, start with just a touch of Sriracha.

Chill the udon noodle salad until ready to eat. Season with salt and pepper to taste and serve topped with **Peanuts**. Enjoy!

If you want to eat right away, this dish is also delicious served hot.

Love this recipe? #meezmagic

Instructions for two servings.

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

INGREDIENTS: Brussels Sprouts, Tofu, Udon Noodles, Lime, Tamari Sauce, Brown Sugar, Sriracha, Peanuts

meez *meals*

Caper Tilapia with Parsley and Potatoes

Sophisticated made easy. We're serving seared tilapia with a classic beurre blanc sauce this week. It sounds fancy, but this parsley caper butter sauce comes together in a flash. Served over roasted potatoes, it's a recipe the whole family will love.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet

FROM YOUR PANTRY

3 Tbsp Butter
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Potatoes
Tilapia
White Wine
Capers & Garlic
Parsley

Make The Meal Your Own

If you ordered the **carb conscious version**, you received broccoli instead of the potatoes reducing the **carbs per serving to 16g**. Preheat oven to 425 (rather than 400) and for step 2. place the broccoli on a baking sheet, drizzle with olive oil, salt and pepper and bake until the broccoli starts to brown, about 8 to 10 minutes.

To get your potatoes nice and crisp, arrange them skin-side up on your baking sheet.

Good To Know

The parsley caper butter sauce is our take on the classic French beurre blanc. It sounds complicated, but it's simple to make and adds great flavor to the dish.

Health snapshot per serving – 660 Calories, 25g Fat, 47g Protein, 57g Carbs, 19 Smart Points

Lighten Up snapshot per serving – 515 Calories, 14g Fat, 45g Protein, 44g Carbs, 14 Smart Points with ½ the butter and oil, and ¾ potatoes.

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

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to view YouTube
cooking video**



INGREDIENTS: Potatoes, Tilapia, White Wine, Caper, Parsley, Garlic

meez meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prep and Roast the Potatoes

Cut the **Potatoes** in half lengthwise. Toss with 2 Tbsp of oil and season generously with salt and pepper. Arrange in a single layer on a baking sheet and roast until deep brown and crispy, about 30 minutes.

For extra crispy potatoes, place them skin-side up.

3. Cook the Tilapia

When the potatoes have been cooking for 15 minutes, dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook an additional 3 to 4 minutes. Remove to a plate and let rest. Pour out any excess oil from the skillet.

Pour out extra oil but leave behind any browned bits on the bottom of the skillet - they add great flavor to your sauce.

4. Make the Sauce

Cut 3 Tbsp cold butter in small chunks. Add the **White Wine** to the now-empty skillet, return skillet to stove and cook over medium high heat. Continue to stir, scraping up any browned bits from the bottom of the pan. Cook the wine until about 1/3 of it has reduced, about 3 to 6 minutes. Add the **Capers & Garlic** and cook 1 minute. Turn off the heat and stir in butter and **Parsley**.

5. Put It All Together

Top the crispy potatoes with the fish and drizzle the white wine butter sauce over the top to serve.

Instructions for two servings.

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

Brazilian Farro with Roasted Pineapple

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

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Rimmed Baking
Sheets
Mixing Bowl
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Farro
Sweet Potatoes
Pineapple
Seasoned
Sunflower
Seeds
Cilantro
Vinaigrette

Add Protein Cooking Instructions

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

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

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

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

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

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

Good To Know

If you're making the gluten-free version, we've given you brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

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

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

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cooking video**



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

meez meals

1. Getting Organized

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

2. Cook the Farro

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

3. Roast the Sweet Potatoes

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

4. Roast the Pineapple

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

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

5. Toast the Sunflower Seeds

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

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

6. Put It All Together

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

Instructions for two servings.

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

Chicken Parmesan with Basil Aioli Kale Slaw

Chicken Parmesan with a Meez twist. With fresh mozzarella, a cheesy-panko crust, and roasted kale slaw tossed with basil aioli dressing, this dinner is anything but ordinary. It's a favorite with kids and parents alike.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Baking Sheets
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Kale Slaw
Basil Aioli
Chicken Breast
Seasoned Panko
Breading
Fresh Mozzarella
Marinara Sauce

Good To Know

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

Health snapshot per serving – 980 Calories, 77g Protein, 58g Fat, 37g Carbs, 24 Freestyle Points.

Lighten Up Snapshot per serving - 780 Calories, 42g Fat, 25g Carbs, 17 Freestyle Points with two-thirds of the Basil Aioli, two-thirds the Seasoned Panko Breading, and two-thirds the sauce.

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INGREDIENTS: Chicken Breast, Fresh Mozzarella, Tomatoes, Parmesan, Pecorino Romano, Panko Breadcrumbs, Kale, Broccoli, Brussels Sprouts, Green Cabbage, Radicchio Red Onion, Basil, Mayonnaise, Olive Oil, Oregano, Garlic, Paprika, Lemon, Kosher Salt, White Pepper.

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Kale Slaw

Arrange the **Kale Slaw** in a single layer on a baking sheet. Drizzle with olive oil, salt & pepper. Bake until the edges start to char, about 10 to 12 minutes. Remove from the oven and mix right away with the **Basil Aioli** right on the baking sheet. Transfer to serving plates. Leave the oven on.

3. Prep the Chicken

While the veggies are cooking, 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 **Seasoned Panko Breading** 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.

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

The chicken will not be fully cooked after its time in the skillet. It will finish cooking in the oven.

Only pour the sauce along the middle so the breading stays nice and crisp.

Fresh mozzarella doesn't melt completely but will be hot, soft and delicious.

4. Cook the Chicken

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the chicken and cook, without disturbing, until the sides brown, about 1 minute. Flip and continue cooking until other side is brown as well, about 1 additional minute.

Transfer the chicken to a second baking sheet and top with the **Fresh Mozzarella**, two or three pieces per breast, centered the long-way. Drizzle the **Marina Sauce** down the center of the fresh mozzarella pieces.

Bake until the cheese starts to melt, about 8 to 10 minutes. Remove from the oven and let rest for 5 minutes.

5. Put It All Together

Serve the chicken parmesan on top of the basil aioli kale slaw. Enjoy!

Instructions for two servings.

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

Knife & Fork Grilled Cheese

Imagine your favorite grilled cheese on steroids. We're starting with a gouda and provolone grilled cheese made with tender, flavorful whole-grain panini bread. But it's the fried egg-in-a-hole, roasted beets, butternut squash, kale and honey aioli that make it really special. It's messy, satisfying, and over-the-moon delicious.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per svg.)

5 MEEZ CONTAINERS

- Beets & Butternut Squash
- Kale
- Honey Aioli
- Whole-Grain Panini Bread
- Smoked Gouda & Provolone

Good To Know

Integrate into recipe: Before grilling the bread in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and add to the sandwich after it comes out of the oven 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 – 820 Calories, 42g Protein, 53g Fat, 45g Carbs, 24 Freestyle Points

Lightened-Up Health snapshot per serving – 660 Calories, 45g Fat, 34g Carbs, 19 Freestyle Points by using half the bread and eating as an open-faced sandwich and $\frac{3}{4}$ of the cheese. Serve the egg on top.

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YouTube cooking video**



INGREDIENTS: Whole-Grain Panini Bread, Kale, Beets, Butternut Squash, Gouda, Provolone, Garlic, Mayonnaise, Red Wine Vinegar, Honey, Thyme, Mustard, Black Pepper.

meez meals

1. Roast the Beets & Butternut Squash

Preheat your oven to 400. Arrange the **Beets & Butternut Squash** on a rimmed baking sheet in a single layer and drizzle with olive oil, salt, and pepper. Roast until golden in places, about 15 to 20 minutes, stirring once about halfway through.

2. Roast the Kale

While the veggies are cooking, arrange the **Kale** on a rimmed baking sheet, and drizzle with olive oil, salt, and pepper. When the beets and squash are about halfway through their cooking time, put the kale in the oven and bake until slightly crispy, 7 to 10 minutes.

Once all the veggies are finished cooking, transfer them to a large mixing bowl and add the **Honey Aioli**. Mix well, then set aside until step 4.

3. Grill the Bread

While the veggies are cooking, heat 1 Tbsp olive oil in a large skillet over medium heat. Place two of the **Whole-Grain Panini Bread** slices in the pan and cook until the bread starts to brown, about 2 minutes. Flip the bread over and repeat for the other side. Transfer the grilled bread to a now-empty baking sheet. Wipe out the skillet.

4. Build the Bottom of the Sandwich

Divide the **Smoked Gouda & Provolone** into four portions. Spread one of the portions evenly over one of the bread slices. Then spread the squash over the cheese, followed by the dressed kale, and top with another portion of cheese. Leave uncovered. Repeat for the other grilled bread slice to make the base of the other sandwich. Bake until the cheese is bubbly and melted, about 5 minutes. Transfer directly to serving plates.

5. Make An Egg-In-A-Hole To Top the Sandwich

While the bottom section of the sandwich is cooking, return the now empty skillet to the stove over medium high heat with 1 Tbsp of olive oil. Use a cookie cutter (or bottom of a glass) to create a hole about 2 inches in diameter in each of the two remaining bread slices.

When the oil is hot, place the bread in the skillet and then break an egg directly into each hole. Sprinkle with salt and pepper and cook until the egg has set and turns golden, about 2 minutes. Flip the bread and egg over and cook the other side until egg is over medium, an additional 2 minutes.

6. Put it All Together

Place the Egg-In-a-Hole bread on top of the bottom part of the sandwich and use a fork and knife to enjoy!

*Time is
for eggs
to be over-
medium.
Cook less
for a
runnier
yolk or
longer for
firmer.*

Instructions for two servings.

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