

Gyros with Red Pepper Tapenade

10 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Warm your pita.

From Your Pantry

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

Maui Salmon Rice Bowl

20 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of
water on to boil.

From Your Pantry

You'll need olive oil.

Quick Tips



Chicken Francese

35 Min
to Table

35 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to
425.

From Your Pantry

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

Truffle-Butter Steak Frites

25 Min
to Table

35 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to
450.

From Your Pantry

You'll need olive oil,
salt & pepper

Vegetable Primavera Rotini

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.

Honey & Tamari Glazed Mushrooms with Udon Noodles

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a medium saucepan of water to boil.
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From Your Pantry	You'll need olive oil, salt and pepper
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Greek Lemon Chicken & Herb Roasted Potatoes

35 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 425.
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From Your Pantry	You'll need olive oil, salt and pepper.
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Aztec Salad with Creamy Chipotle Dressing

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started	This is toss and serve!
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From your Pantry	You'll need salt and pepper
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New Orleans Shrimp Cakes

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Put a saucepan of water on to boil.
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From Your Pantry	You'll need eggs, olive oil, salt and pepper
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Meal Tip	Add a little Sriracha, or Tabasco to the Remoulade sauce to kick it up a notch.
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Chicken Panang Curry with Crispy Noodles

30 Min to Table	30 Min Hands On	2 Whisk Easy
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Getting Started	Put a saucepan of water onto boil.
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From Your Pantry	You'll need olive oil, salt & pepper
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Barbequed Sweet Potato Couscous Gratin

40 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started	Preheat your oven to 400 and put water on to boil.
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Speed Tip	You can cook the couscous ahead, to save time.
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnndd daily)	
Greek Lemon Chicken & Herbed Roasted Potatoes	650	46	40	27 CC 16	4	880	3	13	130% Vitamin K	35% Vitamin C
Honey & Tamari Glazed Mushrooms with Udon Noodles	440	13	8	93	6	2030	37	14	30%Vitamin C	10% Iron
New Orleans Shrimp Cakes	520	37	15	61	6	480		14	88% Vitamin A	219% Vitamin C
Chicken Francese	700	51	39	29	6	600	9	15	194% Vitamin A	107% Vitamin B6
(use 1/2 the herb butter)	560		24					9		
Vegetable Primavera Rotini	800	35	44	73	10	1010	12	28	143% Vitamin C	48% Vitamin A
(Use 2/3rd of the sauce & 2/3rd of cheese)	660		33					21		
Maui Salmon Rice Bowl	530	40	16	57	6	1540	25	10	80% Vitamin D	70% 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)	
Gyros with Red Pepper Tapenade	650	30	36	53 CC 30	7	920	8	18	94% Vitamin C	33% Iron
Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777	x	17	909% Vitamin A	130% Vitamin C
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Chicken Panang Curry with Crispy Noodles (use 2/3 of the pasta & sauce)	820	55	35	69 CC 30	6	940		22	35% Iron	150% Vitamin C
	630		25					15		
Aztec Salad with Avocado Chipotle Dressing	635	17	38	44	18	687		20	36% Vitamin B-6	165% Vitamin A
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	290	5	15	35	1	40	29		6% Calcium	2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
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.

Greek Lemon Chicken with Herbed Roasted Potatoes

A bold blend of lemon, herbs, and garlic is the foundation of this flavor-packed meal. The marinade infuses both the chicken and roasted potatoes, while a creamy feta dressing and fresh Mediterranean-style tapenade add richness and brightness to every bite. Fresh, colorful, and loaded with texture, it's a weeknight-friendly dinner that feels anything but ordinary.

35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Herby Marinade
Chicken Breasts
Spinach & Arugula
Mediterranean Dressing
Greek Tapenade

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower florets instead of red potatoes, reducing the **carbs per serving to 16g**. Use in place of the potatoes.

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 – 650 Calories, 40g Fat, 27g Carbs, 46g Protein, and 13 Freestyle Points.

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

INGREDIENTS: Chicken, Red Potatoes, Spinach, Arugula, Olive Oil, Cucumber, Tomato, Vegetable Oil, Red Onion, Feta, Great Northern Beans, Lemon, Kalamata Olives, Chicken Stock, Parsley, Garlic, Cilantro, Savory, Black Pepper, Dill, Oregano, White Pepper.


meez meals

1. Get Organized

Preheat the oven to 425.

2. Roast the Potatoes

Cut the **Red Potatoes** in quarters and place, cut side down, on a baking sheet. Lightly drizzle with olive oil. Bake until the potatoes are brown on the outside and tender inside, about 25 to 30 minutes. Remove from the oven and toss immediately with 1 Tbsp of the **Herby Marinade**. (the darker sauce with lots of herbs).

*The Herby
Marinade will
be used to
coat both
the potatoes
and chicken.
Only use 1
Tbsp for
each.*

3. Cook the Chicken

While the potatoes are roasting, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat dry the **Chicken Breasts** and season with salt and pepper. When the oil is very hot, add the chicken and cook until crisp and brown, about 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Remove from the skillet and allow to rest for 5 minutes, then slice into ½" strips. Toss with 1 Tbsp of the marinade.

4. Create the Salad

Toss the **Spinach & Arugula** with the **Mediterranean Dressing** (the lighter sauce with green pieces) in a mixing bowl.

5. Put It All Together

Top the tossed salad with the marinated sliced chicken, then the **Greek Tapenade**. Serve alongside the marinated potatoes. Enjoy!

Instructions for two servings.

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

Honey & Tamari Glazed Mushrooms with Udon Noodles

Umami-rich cremini mushrooms are a perfect pairing for a savory honey and tamari sauce. With snow peas, cabbage, and udon noodles, it's a speed Asian-inspired dinner the whole family will love.

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Udon Noodles
Seasoned Onions
Snow Peas &
Cabbage
Cremini Mushrooms
Honey & Tamari
Glaze
Green Onion &
Cilantro

Add Protein Instructions

Integrate into recipe: Prior to step 4, cook the protein and let rest, then slice into ½" strips (flake the salmon and cut the shrimp in half.) Stir into the mushrooms and glaze 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 – 440 Calories, 8g Fat, 93g Carbs, 13g Protein, and 14 Freestyle Points.

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

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

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



INGREDIENTS: Mushrooms, Udon Noodles, Snow Peas, Cabbage, Mae Ploy, Yellow Onion, Tamari, Brown Sugar, Honey, Green Onion, Ginger, Garlic, Cilantro, Sesame Oil, Vegetable Stock, Miso, Parsley, White Pepper

 meezmeals

1. Get Organized

Bring a medium saucepan of water to a boil.

2. Cook the Udon

Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Place the noodles in a colander and rinse thoroughly with hot water. Drain well and set aside in the colander. Wipe out the saucepan.

Heat 1 Tbsp olive oil in the now-empty saucepan over medium-high heat. When the oil is hot, add the **Seasoned Onions**. Cook until the onions begin to soften, about 1 to 2 minutes. Add the drained udon noodles back and stir. Cover and set aside.

3. Sauté the Asian Veggies

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Snow Peas & Cabbage** with a sprinkle of salt and pepper. Sauté, stirring frequently, until the edges of the cabbage char, about 4 to 5 minutes. Transfer the veggies to the saucepan with the udon and onions and stir. Cover and set aside until step 5. Wipe out the skillet.

4. Cook the Mushrooms

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Cremini Mushrooms** and cook until they brown and the liquid is evaporated, about 5 to 6 minutes. Add the **Honey & Tamari Glaze** and cook, stirring occasionally, until the glaze thickens enough to coat the mushrooms, an additional 3 to 4 minutes.

5. Put It All Together

Serve the noodles and veggies topped with the glazed cremini mushrooms. Sprinkle the **Green Onion & Cilantro** over top and enjoy!

*Be sure to get
all the seasoned
onions out of
the saucepan to
not miss any
deliciousness.*

Instructions for two servings.

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

New Orleans Shrimp Cakes

Do we need to say more? Classic Cajun flavored shrimp cakes. A remoulade sauce that Emeril wishes he'd created. A taste of the Big Easy cooked up in your own kitchen. Dinner doesn't get better than that.

40 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Large Mixing Bowl
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Eggs (1 per serving)

6 MEEZ CONTAINERS

Brown Rice
Shrimp
Peppers & Onions
Remoulade Sauce
Breadcrumbs
Pickled Veggies

Make it Your Own

Our Remoulade sauce is only medium spicy. If you want to **kick it up a notch**, mix in Sriracha sauce, Tabasco, or cayenne pepper.

Good to Know

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

Health snapshot per serving – 520 Calories, 37g Protein, 15g Fat, 14 Smart Points

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

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INGREDIENTS: Shrimp, Red Peppers, Brown Rice, Cauliflower, Broccoli, Breadcrumbs, Garlic, Onion, Green Beans, Carrots, Parsley, Mayonnaise, Vinegar, Ketchup, Lemon, Dijon Mustard, Miso, Sriracha, Black Pepper, Sugar

meez *meals*

1. 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.

2. Prep the Shrimp Cakes

While the rice is cooking, beat 2 eggs in a large mixing bowl.

Cut the **Shrimp** into quarters and add to the eggs along with the **Peppers & Onions** and 4 Tbsp of the **Remoulade Sauce**. Mix well, then slowly mix in the **Breadcrumbs**.

Shape the mix into 6 patties.

3. Cook the Shrimp Cakes

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

When the oil is hot, carefully place the shrimp cake patties in the skillet. (Work it in shifts if you need to. It's better not to crowd them).

Cook until the bottoms begin to brown, about 3 to 4 minutes. Gently flip and cook until the other side browns, another 3 to 4 minutes. Carefully remove the shrimp cakes from the pan and place on a paper towel.

4. Put It All Together

Serve the shrimp cakes over the brown rice. Top with remaining Remoulade sauce and enjoy with the **Pickled Veggies** on the side.

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.

Instructions for two servings.

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

Chicken Francese

Great cooks know that it only takes a few ingredients to create something magical, and this recipe is proof positive. Fluffy breaded chicken sautéed in a rich butter and wine sauce is pure magic over roasted carrots.

35 *Minutes to the Table*

35 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet with Cover
Baking sheet
Meat Tenderizer/Mallet
(or small pot)

FROM YOUR PANTRY

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

5 MEEZ CONTAINERS

Carrots
Parmesan Herb Butter
Chicken Breast
Lemon
Wine 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.

Be sure to generously season your chicken with salt and pepper before cooking. We recommend using ¼ tsp of each.

Health snapshot per serving – 700 Calories, 39g Fat, 51g Protein, 29g Carbs, 15 Freestyle Points

Lightened-Up Health snapshot per serving – 560 Calories, 24g Fat, 29g Carbs, 9 Freestyle Points by eliminating the butter from the egg mixture (i.e., using only half).

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

**SCAN QR CODE
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cooking video**



INGREDIENTS: Chicken Breast, Carrots, Parmesan, Parsley, Butter, Wine, Chicken Stock, Lemon.

meez meals

1. Cook the Carrots

Preheat your oven to 425. Arrange the **Carrots** in a single layer on a baking sheet. Drizzle with olive oil, salt and pepper and toss. Roast until the carrots are a deep, charred color, about 30 minutes, turning the sheet halfway through cooking. Transfer directly to serving plates.

2. Cook the Chicken

While the carrots are roasting, melt half of the **Parmesan Herb Butter** in the microwave or a small pot over low heat. Set aside to cool for a few minutes. Spread ½ cup flour on a plate. Roll the non-melted half of the parmesan herb butter in the flour, completely coating all sides. Set aside until step 3. Crack 2 eggs in a small bowl and add the melted parmesan herb butter. Gently whisk the mixture so as to break the yolks and combine with the egg whites and butter, but not to fully scramble everything together.

Very loosely wrap each **Chicken Breast** in plastic 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.

Dip the chicken into the egg mixture, coating both sides. Let any excess drip off and place into the flour to completely coat one side. Flip and coat the other side. Return the chicken to the egg mixture one more time to fully coat both sides with egg. Let any excess drip off and repeat for each breast.

Heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the skillet 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. Remove from the heat and set aside to rest for 5 minutes. The chicken will NOT be fully cooked at this point but will finish in step 3. Do not wipe out the skillet.

3. Finish Cooking the Chicken and Sauce

While the chicken is resting, slice the **Lemon** into ¼" thick, round slices and add to the now-empty skillet over high heat. Cook until the lemons slices char on one side, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet. Add the **Wine Sauce** and cook until it reduces in half, about 3 minutes. Add the flour-coated parmesan herb butter from step 2 and stir continuously until the sauce thickens slightly, about 2 additional minutes.

Reduce the heat to low and add the chicken back to the skillet. Spoon the sauce over top of each breast, cover and simmer until the chicken is fully cooked, about 2 to 3 minutes.

4. Put It All Together

Serve the chicken on top of the carrots with the charred lemons on top (to give it some lemon flavor). Spoon the remaining sauce from the skillet over top of the entire dish. Enjoy!

Instructions for two servings.

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

Vegetable Primavera Rotini

Think red peppers and summer squash infused with a light basil cream sauce and you've got an idea of the magic of this dinner. With seared zucchini, toasted capers and crunchy pepitas, it's a restaurant-worthy dinner that's on the table in just 15 minutes.

Getting Organized

EQUIPMENT

Large Skillet
Large Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rotini
Zucchini
Capers & Pepitas
Primavera Sauce
Parmesan

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 combine with the ingredients 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 – 800 Calories, 35g Protein, 44g Fat, 73 Carbs, 27 Freestyle Points.

Lightened-Up Health snapshot per serving – 660 Calories, 33g Fat, 69 Carbs, 21 Freestyle Points using two-thirds of the sauce and two-thirds of the cheese.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

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cooking video



INGREDIENTS: Rotini, Zucchini, Summer Squash, Red Onions, Bell Peppers, Basil, Parmesan, Cream, Pepitas, Capers, Garlic, White Pepper, Oregano, Vegetable Stock, Lemon Juice, Lemon Peel.

meez *meals*

1. Cook the Rotini

Bring a large saucepan of water to boil. Add the **Rotini** to the boiling water and cook until al dente about 8 to 10 minutes. Drain the water using a colander and combine with sauce and vegetables as described in step 4.

2. Sear the Zucchini

While the rotini is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Zucchini** and sauté until it starts to char, about 2 minutes. Remove the zucchini and set aside. Do not wipe out the skillet.

3. Cook the Capers & Pepitas

Return the now-empty skillet to the stove over medium high heat. Add the **Capers & Pepitas** and cook, stirring very frequently, until the pepitas brown and capers begin to pop, about 3 to 5 minutes. Remove from the skillet and set aside. Do not wipe out the skillet.

4. Warm the Sauce and Combine the Ingredients

Return the now-empty skillet to the stove over medium high heat. Add the **Primavera Sauce** and bring to a boil. Cook until the sauce thickens enough to coat the back of a spoon, about 3 minutes.

Reduce the heat to low and add the seared zucchini and cooked rotini (as soon as it is finished.)

5. Put It All Together

Transfer the contents of the skillet to serving bowls and top with the **Parmesan** and capers & pepitas. Enjoy!

Instructions for two servings.

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

Maui Salmon Rice Bowl

Meez's version of a poke bowl, it's fast, filling, and a flavor sensation. We're making ours with a teriyaki and pineapple sauce that's a perfect match for seared salmon, edamame and crunchy fresh veggies.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil

6 MEEZ CONTAINERS

Jasmine Rice
Green Onions
Salmon
Pineapple Teriyaki
Cucumber, Edamame &
Shredded Veggies
Sesame Seeds

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of jasmine rice. Skip step 1. Heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the zucchini and sear for 2 minutes, then stir in half of the Green Onions & Sesame Seeds as in step 2.

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

Health snapshot per serving – 530 Calories, 16g Fat, 57g Carbs, 40g Protein and 10 Freestyle Points.

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

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INGREDIENTS: Salmon, Jasmine Rice, Cucumber, Edamame, Green Onion Carrot, Red Cabbage, Tamari, Pineapple, Ginger, Garlic, Cilantro, Sesame Oil, Black Sesame Seeds, Toasted Sesame Seeds, Lime

meez meals

1. Get Ready

Bring a saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until tender, about 12 to 15 minutes. Drain well and return to the saucepan. Stir in half the **Green Onions** then cover and set aside.

3. Cook the Salmon

While the rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip the salmon and add the **Pineapple Teriyaki** sauce. Continue cooking, spooning the sauce on top of the salmon frequently, until the sauce is thick enough to coat the back of a spoon, about 4 additional minutes.

4. Put It All Together

Serve the salmon and **Cucumber, Edamame & Shredded Veggies** alongside each other and on top of the rice (poke bowl style). Drizzle the entire dish with the Pineapple Teriyaki sauce still left in the skillet, and sprinkle with the remaining green onions and the **Sesame Seeds**. Enjoy!

Instructions for two servings

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

Gyros with Red Pepper Tapenade

Gyros with pita is the perfect speedy dinner after a long day at work. Add delicious olive & red pepper tapenade, tomatoes, yellow peppers and chickpea romesco sauce and you have a fun and meal that's on the table in just ten minutes.

10 Minutes to the Table

10 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Pita

Gyros

Chickpea Romesco

Sauce

Red Pepper & Olive

Tapenade

Yellow Peppers &

Tomatoes

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the pita, reducing the **carbs per serving to 30g**. Skip step 1 and prior to step 2, cut the Romaine Lettuce head in half the long way leaving the root at the bottom intact, so each romaine-heads half holds together. Arrange the romaine halves, cut-side-up, on a cutting board and drizzle with olive oil, salt and pepper. Heat a large skillet over medium heat and place the romaine halves in the pan, cut-side-down. Cook until the leaves start to brown, about 2 minutes. Flip the romaine halves and cook the other side until it starts to brown, an additional 2 minutes. Return the romaine to the cutting board and cut into 1" pieces to create a gyros and red pepper tapenade salad in step 3.

Good to Know

Health snapshot per serving 650 Calories, 30g Protein, 36g Fat, 53g Carbs, 18 Freestyle Points.

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

**SCAN QR CODE
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cooking video**



INGREDIENTS: Beef & Lamb Gyros, Pita, Garbanzo Beans, Tomato, Bell Pepper, Red Onion, Roasted Red Pepper, Kalamata Olives, Black Olives, Parsley, Cumin, Olive Oil, Kosher Salt, Lemon.

meez meals

1. Warm the Pita

Very lightly brush both sides of the **Pita** with olive oil and sprinkle with salt and pepper. Heat a large skillet over medium high heat. Warm both sides of the pita, about 30 seconds on each side. Cut each pita in half and wrap in aluminum foil or cover with a towel. Do not wipe out the skillet.

2. Heat the Gyros

Return the now-empty skillet to the stove over medium high heat. Add the **Gyros Meat** and cook until the edges are slightly crispy, about 3 to 4 minutes

Lower the heat to medium low and add the **Chickpea Romesco Sauce** (the thinner orange sauce) to the pan. Cook, stirring frequently, until the hummus is warm, about 2 to 3 additional minutes.

Remove from heat and set aside.

The gyros is already fully cooked, so you are just adding flavor and warming it in this step.

3. Put It All Together

Fill each pita half with the chickpea romesco coated gyros and **Yellow Pepper & Tomatoes**. Top with the **Red Pepper & Olive Tapenade** (the darker, chunkier sauce). Enjoy!

Instructions for two servings.

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

Barbequed Sweet Potato Couscous Gratin

We're turning the whole idea of an au gratin on its head this week. Forget the heavy, cream-based staples of classic French cooking. Instead, we're layering pearl couscous and broiled sweet potatoes with smoky barbeque sauce and mozzarella. Then we top it off with crispy kale for a vitamin-packed twist.

40 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe
Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Pearl Couscous
Barbeque Sauce
Mozzarella &
Cherries
Kale

Add Protein Cooking Instructions

Integrate into recipe: While the gratin and kale are baking in step 5, cook the protein (per instructions below) and serve alongside the gratin.

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 quinoa. Bring $3\frac{3}{4}$ cups of water to a boil, add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff it and let it sit covered for 5 minutes.

Health snapshot per serving – 505 Calories, 20g Protein, 8g Fiber, 17 Smart Point

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cooking video



INGREDIENTS: Sweet Potatoes, Kale, Pearl Couscous, Barbeque Sauce, Mozzarella Cheese, Parmesan Cheese, Cherries, Garlic

meez meals

1. Getting Organized

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

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet. Drizzle with olive oil, salt and pepper and bake until the edges are crispy, about 15 to 25 minutes.

3. Cook the Couscous

Once the sweet potatoes are cooking, start the couscous. Salt the boiling water generously, add the **Pearl Couscous** and cook for 5 minutes. Drain and set aside.

*The couscous won't
be done cooking in this
first step. We're just
par-cooking it.*

4. Assemble the Casserole

Turn the oven down to 300 degrees and put the couscous back into the saucepan or, if it's not oven-safe, into a casserole dish. Add the cooked sweet potatoes, **Barbeque Sauce** and ¼ cup water and mix well. Top with **Mozzarella & Cherries** and bake until the top is lightly browned and the cheese is melted, about 12 to 15 minutes.

5. Bake the Kale

Once the gratin gets into the oven, arrange the **Kale** on your rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until softened and crisp on the edges, about 15 minutes. Serve the gratin topped with the kale.

Love this recipe? #meezomagic

Instructions for two servings.

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Truffle Butter Steak Frites

Classic French flavors in a single recipe: oven-roasted potatoes coated in truffle-butter and Parmesan cheese, roasted broccoli and a juicy, truffle-buttery steak. It's bistro food cooked in your own kitchen.

35 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Large Skillet
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Fingerling Potatoes
- Truffle Butter
- Parmesan Cheese
- Broccoli
- Steak

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 15g**. Use the cauliflower in place of the potatoes and in step 2 and reduce the cooking time to 15 minutes.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 5 minutes off the heat before you slice and serve.

Be sure to generously season your steaks with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender.

Good To Know

Health snapshot per serving – 520 Calories, 38g Protein, 27g Fat, 32g Carbs, 15 Freestyle Points

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

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cooking video**



INGREDIENTS: Steak, Fingerling Potatoes, Broccoli, Parmesan, Parsley, Chives, Truffle Pate, Butter.

meez meals

1. Getting Organized

Preheat your oven to 450 degrees.

2. Make the Frites

Slice each **Fingerling Potato** in half the long way, then slice each half again so you have four long skinny frites (French fries) per potato. Transfer the frites to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated frites on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 25 minutes.

Remove from the oven and immediately transfer to the now-empty mixing bowl and add half the **Truffle Butter** and half of the **Parmesan Cheese**. Stir until the butter melts completely and the frites are coated in Parmesan. Transfer directly to serving plates.

3. Roast the Broccoli

While the frites are cooking, transfer the **Broccoli** to the now-empty large mixing bowl and drizzle with olive oil, salt and pepper. Toss well and arrange in a single layer on a second baking sheet. After the frites have been cooking for about 10 minutes, place the broccoli in the oven. Roast until it starts to brown and is fork tender, about 15 minutes.

Remove the broccoli from the oven, sprinkle with the remaining parmesan cheese and transfer directly to serving plates.

4. Cook the Steak

While the frites and broccoli are cooking, heat 1 Tbsp oil in large skillet over high heat. When the oil is very hot, add the **Steaks** to the pan. Cook until the bottoms brown and the 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**). Remove the steaks from the skillet to rest for 5 minutes, then transfer to serving plates. Do not wipe out the skillet.

5. Put It All Together

Once the now-empty pan has cooled slightly, add the remaining Truffle Butter and stir until it is melted. Spoon the melted Truffle Butter on top of the steak. Enjoy!

You'll be multi-tasking in this recipe. The potatoes, broccoli and steak will all be cooking at the same time, so be sure to read the recipe all the way through before you begin.

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

Letting the pan cool slightly will avoid burning the Truffle Butter.

Instructions for two servings.

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Chicken Panang Curry with Crispy Noodles

We love the mellow peanuty flavors of Panang curries, especially when paired with chicken, cabbage, and snow peas. When served over crispy noodles, the extra step adds a restaurant-quality touch without much hassle.

30 Minutes to the Table

30 Minutes Hands On

2 Whisk Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Noodles
Chicken Breast
Asian Veggies
Panang Curry Sauce
Cilantro & Green Onions

Good To Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of the noodles reducing the **carbs per serving to 30g**. Skip step 1. In place of step 3, heat 1 Tbsp olive oil in the empty skillet over high heat. When the oil is hot, add the zucchini "noodles" and cook until they start to char, about 3 to 4 minutes. Transfer to serving plates before topping with the curry chicken, veggies, and sauce.

Health snapshot per serving – 820 Calories, 35g Fat, 55g Protein, 69g Carbs, 22 Freestyle Points

Lightened Up Health Snapshot per serving – 630 Calories, 25g Fat, 49g Carbs, by using 2/3 of the noodles and the sauce.

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

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INGREDIENTS: Chicken, Coconut Milk, Wheat Noodles, Cabbage, Snow Peas, Red Bell Pepper, Peanut Butter, Tamari, Green Onion, Yellow Curry, Brown Sugar, Ginger, Garlic, Rice Wine Vinegar, Lime, Basil, Cilantro

meez meals

1. Get Organized

Put a large saucepan of water on to boil.

2. Cook the Noodles

Add the **Noodles** to the boiling water and cook until al dente, about 8 to 10 minutes. Drain and return the cooked noodles to the saucepan until step 4.

3. Cook the Chicken

While the noodles are cooking, pat dry the **Chicken Breast** and generously season with salt and pepper.

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 4 to 5 minutes. Turn the chicken and cook for another 4 minutes, until the other side is brown as well. Transfer the chicken to a cutting board to rest for 5 minutes, then slice into ½" strips.

4. Crisp the Noodles

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over high heat. Add the cooked noodles and spread in a single layer to the edges of the skillet. Cook until the bottoms and edges of the noodles start to brown and become crispy, about 3 to 4 minutes. Stir, and then cook until the noodles now on the bottom and edges also turn brown, an additional 2 to 3 minutes. Arrange the crispy noodles into a "nest" on each serving plate. Do not wipe out the skillet.

5. Cook the Veggies and Sauce

Heat 1 Tbsp oil in the now-empty skillet over medium high heat. When the oil is hot, add the **Asian Veggies** and sauté, stirring occasionally, until they soften and start to char, about 3 to 4 minutes. Add the **Panang Curry Sauce** to the skillet and bring to a boil. Lower the heat to medium and simmer until the sauce has thickened enough to coat the back of a spoon, about 5 minutes. Remove from the heat.

6. Put It All Together

Serve the chicken, veggies and curry sauce with the **Cilantro & Green Onions** sprinkled on top. Enjoy!

Instructions for two servings.

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Aztec Salad with Avocado Chipotle Dressing

A ridiculously tasty salad with our signature avocado chipotle buttermilk dressing. With plenty of fresh greens, black beans, corn and tortilla chips, it's the perfect toss & serve lunch or light dinner.

Getting Organized

EQUIPMENT

Large Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Spinach

Arcadian Lettuce

Corn, Tomato, &
Beans

Avocado

Chipotle

Dressing

Tricolor Chips

Add Protein Cooking Instructions

Integrate into recipe: Before assembling the salad in step 1, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and toss with the salad.

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 – 580 Calories, 23g Protein, 62g Carbs, 29g Fat, 15 Freestyle Points.

5 Minutes to the Table

5 Minutes Hands On

1 Whisks Super Easy

INGREDIENTS: Spinach, Arcadian Lettuce Blend, Black Beans, Corn, Tomato, Queso Fresco, Red Onion, Cilantro, Mayonnaise, Avocado, Chipotles in Adobo, Garlic, Buttermilk, Coriander, Cumin.

meez meals

1. Assemble the Salad

Combine the **Spinach, Arcadian Lettuce**, and **Corn, Tomato, & Beans** in a mixing bowl with the **Avocado Chipotle Dressing**. Season with salt and pepper to taste.

2. Serve and Enjoy!

Top the mixed salad with the **Tricolor Chips** and enjoy!

Instructions for two servings.

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