

*Chicken Parmesan
with Basil Aioli Kale Slaw*

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

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

Vegetable Primavera Rotini

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water onto boil.

From your Pantry You'll need olive oil, salt and pepper.

Quick Tips



meezmeals

*Indian Grain Bowl
with Mango Chili Sauce*

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Slice up your Halloumi Cheese

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

*Pomegranate-Glazed Chicken
with Cheesy Smashed Potatoes*

30 Min to Table	30 Min Hands On	1 Whisk Easy
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Getting Started Preheat your oven to 425.

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

*Steak with Jalapeno-Lime-Butter and
Cornbread*

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Melt the Jalapeno-Lime Butter.

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

Sesame-Peanut Chicken with Seared Pineapple

25 Min to Table	25 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 some olive oil, salt and pepper.
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Korean Street Toast

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Meal Tip	Scramble your eggs if you prefer
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Getting Started	Toss the veggies with the Sesame-Miso Dressing.
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From your Pantry	You'll need olive oil, eggs, and salt and pepper.
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Meatball Döner Kebab

30 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started	Mix the veggies with the garlic crema.
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From Your Pantry	You'll need olive oil, salt & pepper
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Salmon with Lemon and Asparagus

25 Min to Table	25 Min Hands On	2 Whisks Easy
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Getting Started	No pre-work needed.
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From your Pantry	You'll need 1/4 c flour and 3/4 T butter per serving.
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Speed Tip	Cook the asparagus and salmon at the same time.
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Red Pepper Shrimp with Feta and Orzo

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started	Bring a saucepan of water to boil.
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From Your Pantry	You'll need olive oil, salt, pepper, and butter.
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Parmesan Lemon-Chai Rigatoni with Broccoli

15 Min to Table	15 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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Omnivore Option	Sausage tastes great with this recipe.
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From your Pantry	Olive oil, salt & pepper; sugar & cayenne optional.
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Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Red Pepper Shrimp with Feta and Orzo	440	38	15	41 CC 19	15	720	8	9	220% Vitamin C	35% Vitamin A
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes (use 1/2 the potatoes, cheese and sour cream)	775 605	74	22 15	63 CC 32	3	752	20	18 12	73% Vitamin C	34% Calcium
Meatball Döner Kebab (use 1/2 the tortilla & potatoes, and 3/4 of the dressinal)	890 680	29	41 35	105	9	1820	30	30 23	38% Vitamin C	50% Vitamin B12
Salmon with Lemon & Asparagus	511	39	26	21	6	1490	x	13	18% Vitamin B-6	0% Vitamin B12
Chicken Parmesan with Basil Aioli Kale Slaw (use 1/2 the breading and basil oil)	980 780	77	58 42	37	4	1320	8	24 17	83% Calcium	106% Vitamin B6
Korean Street Toast	700	30	43	53 CC 26	7	920	10	17	54% Vitamin A	64% Calcium
Vegetable Primavera Rotini (Use 2/3rd of the sauce & 2/3rd of cheese)	800 660	35	44 33	73	10	1010	12	28 21	143% Vitamin C	48% Vitamin A

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Sesame-Peanut Chicken with Seared Pineapple (2/3 of the rice, pineapple, & sauce)	850	58	35	76 CC 40	7	1080	25	21	141% Vitamin C	36% Vitamin A
	650		26					15		
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	10	19	31% Vitamin C	12% Vitamin A
Steak with Jalapeno-Lime- Butter and Cornbread	660	38	34	53 CC 23	4	800	9	19	76% Vitamin A	283% Vitamin C
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	x	19	292% Vitamin C	67% Calcium
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.

Red Pepper Shrimp with Feta and Orzo

Roasted red peppers make for a creamy-without-the-cream sauce that makes a healthy dinner feel indulgent. With sautéed shrimp, flavorful feta, olives and orzo pasta, it's a 15-minute dinner you'll love.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Orzo
Red Bell Peppers
Roasted Red Pepper
Sauce
Shrimp
Olives, Capers & Red
Onions
Feta & Herbs

Good to Know

If you ordered the **carb conscious version**, we sent you zucchini instead of orzo, reducing the **carbs per serving to 19g**. Before step 2, add the zucchini rice to the skillet over medium-high heat and cook until it starts to brown, about 2 to 3 minutes. Remove from skillet and place directly on your serving dishes.

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

Health snapshot per serving – 440 Calories, 38g Protein, 15g Fat, 41g Carbs, 9 Freestyle Points

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

INGREDIENTS: Shrimp, Red Bell Pepper, Roasted Red Pepper, Orzo, Feta, Red Onion, Black Olives, Lemon Juice, Kalamata Olives, Capers, Garlic, Parsley, Lemon Pepper, Oregano

*meez*meals

1. **Get Organized**

Bring a saucepan of water to a boil.

2. **Cook the Pasta**

Add the **Orzo** to the boiling water and cook until al dente, about 10 to 12 minutes. Drain and transfer to serving bowls.

3. **Sear the Red Bell Peppers**

While the orzo is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Red Bell Peppers** and cook until they start to char, about 3 to 4 minutes. Add the **Roasted Red Pepper Sauce** and heat until bubbling, about one minute. Pour the contents of the skillet directly over the orzo in the serving bowls. Wipe out the skillet.

4. **Cook the Shrimp and Veggies**

Pat the **Shrimp** dry with a paper towel and lightly salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the shrimp and cook until they are opaque and no longer grey in color, about a minute on each side. Remove from the skillet and transfer to a cutting board. Cut each shrimp in half. Wipe out the skillet.

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Olives, Capers & Red Onions** and cook until the capers start to pop and are toasted, about 3 minutes. Add 1 Tbsp of butter and stir until it melts, then turn off the heat. Add the halved shrimp to the skillet and stir well.

5. **Put It All Together**

Serve the shrimp and veggies on top of the orzo and red peppers, and sprinkle with the **Feta & Herbs**. Enjoy!

Instructions for two servings.

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

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

Think classic American dinner taken to the next level. With Cheesy Sour Cream Smashed Potatoes that are even more delicious than you can imagine, sautéed asparagus and seared chicken breast glazed with a sweet and savory pomegranate basil sauce, it's a family friendly dinner that's on the table in just thirty minutes.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Cheesy Sour Cream
Asparagus
Chicken Breast
Pomegranate Glaze
Basil Oil

Good To Know

If you ordered the **Carb Conscious version**, we sent you broccoli instead of the potatoes reducing the **carbs per serving to 32g**. In Step 1, spread the broccoli on a baking sheet and drizzle with olive oil salt and pepper. Bake until the broccoli starts to brown and is fork tender, about 12 to 15 minutes. Transfer to serving plate and top with cheesy sour cream.

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 – 775 Calories, 74g Protein, 22g Fat, 63g Carbs, and 18 Freestyle Points.

Lightened-Up Health snapshot per serving – 605 Calories, 15g Fat, 42g Carbs, and 12 Freestyle Points using half the potatoes and half the cheesy sour cream.

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, Asparagus, Red Potatoes, Gouda, White Cheddar, Sour Cream, Chive, Pomegranate, Lime, White Wine, Dijon Mustard, Olive Oil, Basil, Black Pepper, Brown Sugar.

meezmeals

1. Create the Cheesy Sour Cream Smashed Potatoes

Preheat oven to 425 degrees. Lightly brush or spray a baking sheet with oil.

Cut the **Red Potatoes** in half and place, cut side down, on the baking sheet. Lightly drizzle with olive oil and sprinkle with salt and pepper. Bake until the potatoes are soft and brown, about 25 minutes. Remove from the oven and then immediately use the flat bottom of a measuring cup or pot to squash them right on the baking sheet to about ½" to ¾" tall. Top with the **Cheesy Sour Cream**, then let sit until step 5.

2. Cook the Asparagus

While the potatoes are baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asparagus** and sprinkle lightly with salt and pepper. Cook, stirring occasionally, until it is bright green and starts to brown, about 5 to 6 minutes. Transfer directly to serving plates. Wipe out the pan.

3. Cook the Chicken

Return the now-empty skillet to the stove with 1½ Tbsp olive oil over medium-high heat. When the oil is very hot, add the **Chicken Breasts** and cook until crisp and brown, about 4 to 5 minutes. Flip and cook until the other side is crisp and brown, about an additional 4 minutes. Transfer to the serving plates alongside the asparagus.

4. Make the Glaze

Return the now-empty skillet to the stove over high heat and add the **Pomegranate Glaze** and bring to a boil. Cook for 5 minutes, stirring occasionally to keep from burning, until it thickens enough to coat the back of a spoon. Turn off the heat and let the glaze sit in the pan for a minute. Add 2 Tbsp of the **Basil Oil** and stir continuously for another minute.

5. Put It All Together

Drizzle the glaze to completely cover the chicken and serve with the Cheesy Sour Cream Smashed Potatoes and asparagus on the side. Enjoy!

It is important to smash and top the potatoes while they are very hot right out of the oven so the cheese can melt.

Instructions for two servings.

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

Meatball Döner Kebab

A delightful fusion of flavors. Turkish glazed meatballs, roasted potatoes, crisp veggies, and Garlic Crema wrapped in a spinach tortilla. This culinary creation is a symphony of taste that will leave you craving for more.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bow
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Garlic Crema
Potatoes
Spinach Tortillas
Veggie Mix
Meatballs
Turkish Glaze

Good to Know

Health snapshot per serving – 890 Calories, 41g Fat, 29g Protein, 105g Carbs, 30 Freestyle Points

Lightened-Up Health snapshot per serving –680 Calories, 35g Fat, 73g Carbs, and 23 Freestyle Points using half of the tortilla, half of the potatoes, and $\frac{3}{4}$ of the dressing.

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

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cooking video**



INGREDIENTS: Meatball, Spinach Tortilla, Red Potato, Ketchup, Sour Cream, Red Cabbage, Tomato, Cucumber, Red Onion, Mayonnaise, Worcestershire, Brown Sugar, Cilantro, Lemon, Garlic, Curry Powder, Paprika, Coriander, Allspice, Cinnamon

meez *meals*

1. Mix the Veggies and Garlic Crema

Remove 3 Tbsp of the **Garlic Crema** (white sauce) and set aside in a small bowl until step 3. Combine the rest of the garlic crema with the **Veggie Mix** in a mixing bowl and set aside.

2. Roast the Potatoes

Slice the **Potatoes** in half lengthwise and then cut each half into ½' wedges, about 8 to 10 per potato. Heat 1½ Tbsp of olive oil in a large skillet over medium heat. When the oil is hot, add the sliced potatoes with a sprinkle of salt and pepper. Cook the potatoes, stirring frequently, until they are golden brown on all sides and fork tender, about 12 to 14 minutes.

Layer the **Spinach Tortillas** out on a flat surface. Arrange the potatoes in the center of each tortilla, leaving a couple inches on all sides. Do not wipe out the skillet.

3. Cook the Meatballs

Return the now-empty skillet to the stove over medium heat. Add the **Meatballs** and the garlic crema set aside in step 1. Cook, stirring occasionally, until the crema forms a charred coating on the meatballs, about 3 to 4 minutes. Add the **Turkish Glaze** and cook until the meatballs are well coated and the sauce is hot, about 1 to 2 minutes. Layer the coated meatballs on top of the potatoes in the center of each tortilla. Wipe out the skillet.

4. Assemble the Wraps

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

5. Finish the Kebabs

Place each wrapped kebab, seam side down, in the empty skillet over high heat. Cook until the tortilla starts to char, about 1 to 2 minutes per side. Cut each kebab in half and enjoy!

Stirring frequently and cooking over a lower heat allows the potatoes to cook through without burning.

Instructions for two servings.

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

Salmon with Lemon & Asparagus

Lemon brings out the best in salmon. Particularly when it's part of a white wine and caper sauce. Together, they add a brightness and sophistication that can't be beat. Add fresh asparagus, and you have a recipe the family will love.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

¾ Cup Flour
2 Tbsp Butter
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Asparagus & Fennel
Salmon
Capers & Sunflower
Seeds
White Wine Lemon
Sauce

Good To Know

Speed Trick – Use 2 skillets and cook the asparagus and salmon at the same time.

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 per 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 sure about fennel? Forget its reputation for having a strong licorice flavor. Once it's sautéed with asparagus and paired with our lemon sauce, it mellows out and adds a great texture and depth of flavor that we just love.

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

Health snapshot per serving – 511 Calories, 26g Fat, 39g Protein, 21g Carbs, 1490 mg Sodium, 13 Smart Points

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to view YouTube
cooking video**



INGREDIENTS: Salmon, Asparagus, White Wine, Fennel, Capers, Sunflower Seeds, Lemon Juice, Brown Sugar, Garlic, Lemon Zest, Miso, Concentrated Vegetable Stock, Herbs

meez meals

1. Cook the Asparagus

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Asparagus & Fennel** and cook until the asparagus is bright green and the fennel is just starting to brown, about 5 to 7 minutes. Remove to a bowl or serving dish. Wipe out the skillet and return to the stove.

2. Cook the Salmon

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. Repeat this process with remaining salmon pieces.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Remove the salmon fillets to the bowl or serving dish with the asparagus and fennel. Pour out any excess oil from the pan.

3. Make The Lemon Caper Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Capers & Sunflower Seeds** and cook, stirring, until the seeds start to brown and the capers begin to pop, 2 to 5 minutes. Pour the **White Wine Lemon Sauce** into the pan and simmer until the liquid has reduced by half, about 5 to 7 minutes.

Remove the skillet from the heat and stir 1 ½ Tbsp butter into the sauce. Pour the lemon caper sauce over the salmon and asparagus to serve. Enjoy!

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

It's OK if your skillet still has a little flour from the salmon - it will help thicken the sauce.

Finishing with butter gives the sauce it's body. Resist the urge to skimp on it.

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.

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, 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.

meezmeals

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 1 ½ 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

Korean Street Toast

Korea is famous for its street food, and this recipe combines some of our favorite elements. We're serving five-spice tofu on toasted panini bread with a fried egg and generous helping of Sesame-Miso vegetables. It's one part speed-meal, one part comfort food and hands-down delicious.

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

Eggs (1 per serving)

4 MEEZ

CONTAINERS

Vegetables

Sesame-Miso Dressing

Panini Bread

5-Spice Tofu

Add Protein Cooking Instructions

CHICKEN - Loosely wrap each piece of chicken and pound with a meat mallet or small pot until about 1/2" thick. Before Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 3 to 4 minutes on each side. Let rest for 5 minutes. Put on the sandwich in Step 5.

SHRIMP -Before Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Put on the sandwich in Step 5.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

Good to Know

If you ordered the **Carb Conscious version** we sent you romaine lettuce instead of the bread reducing the **carbs per serving to 26g**. Skip step 2 and prior to step 3, spread a generous drizzle of Sesame-Miso Dressing on one or two lettuce leaves per serving and continue with the instructions using the lettuce in place of the bread to create a lettuce boat.

Health snapshot per serving – 700 Calories, 30g Protein, 43g Fat, 53g carbs, 17 Freestyle Points.

Lightened-Up Health snapshot per serving – 520 Calories, 34g Fat, 33g carbs, 11 Freestyle Points using ¾ of the dressing and half the bread.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: 5-Spice Tofu, Rustic White Panini Bread, Cabbage, Carrot, Zucchini, Green Onion, Mayonnaise, Black Sesame Seeds, Garlic, Miso, Tamari, Gochujang, Rice Wine Vinegar, Sesame Oil, Brown Sugar.

meez *meals*

1. Toss the Vegetables with the Sesame-Miso Dressing

Combine the **Vegetables** and half the **Sesame-Miso Dressing** in a large mixing bowl. Toss and refrigerate until step 5.

2. Grill the Bread

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Panini Bread** and toast until the bottom starts to brown, about 30 seconds, and flip to toast the other side until it is brown too. Do not wipe out the skillet.

Transfer the toast to serving plates and spread each piece with a generous drizzle of Sesame-Miso Dressing.

3. Sear the Tofu

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. Add the **5-Spice Tofu** and cook until it darkens and become slightly crispy, about 1 minute. Flip and cook until the other side crisps slightly too, about another minute. Arrange the seared tofu on two of the pieces of toast. Do not wipe out the skillet.

4. Fry the Eggs

Return the now-empty skillet to the stove over medium-high heat. Crack one egg in the skillet and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place the sunny-side-up egg on top of the seared tofu. Repeat so you have one for each serving. Enjoy!

If you prefer your eggs, over-easy or scrambled, go for it.

5. Put It All Together

Top the eggs with some of the sesame-miso tossed vegetables (whatever fits comfortably on the sandwich) and close the sandwiches with another piece of toast. Serve the remaining sesame-miso vegetables on the side. 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.

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

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

CHICKEN - Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 min. Wipe out the skillet. Slice into strips and combine with the ingredients in Step 4.

STEAK - Prior to Step 2, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes. Wipe out the skillet. Slice into strips and combine with the ingredients in Step 4.

SHRIMP -Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet over medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Wipe out the skillet. Set aside, cut in half. Combine with the ingredients in Step 4.

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.

**SCAN QR CODE
to view
YouTube
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

Sesame-Peanut Chicken with Seared Pineapple

We adore Thai flavors and this week and we're serving handmade sesame-peanut sauce with juicy, all-natural chicken breast, jasmine rice, bell peppers and seared pineapple. It's fresh and fun and on the table in the flash.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Medium Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sesame Peanut
Sauce
Jasmine Rice
Red Pepper, Onion
& Sesame Seeds
Pineapple
Chicken Breasts

Good To Know

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

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the Jasmine Rice, reducing the **carbs per serving to 40g**. Skip step 1. Prior to Step 2, add 1 Tbsp olive oil to a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and sauté until it starts to brown about 3 to 4 minutes. Remove from skillet and treat the same as you would the rice. Wipe out the skillet.

Health snapshot per serving – 850 Calories, 35g Fat, 76g Carbs, 58g Protein and 21 Freestyle Points.

Lightened-up Health snapshot per serving – 650 Calories, 26g Fat, 52g Fat, by using 2/3 of the rice, pineapple, and sauce.

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



INGREDIENTS: Chicken Breast, Pineapple, Jasmine Rice, Bell Pepper, Peanut Butter, Green Onion, Coconut Milk, Tamari, Rice Wine Vinegar, Honey, Sesame Oil, Cilantro, Basil, Garlic, Sesame Seeds, Ginger

*meez*meals

1. Get Started

Bring a medium saucepan of water to a boil.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water and cook until the rice is tender, about 15 minutes. Drain well and return to the empty saucepan. Add half of the **Red Pepper, Onion & Sesame Seeds** and mix. Transfer the rice and veggies directly to serving bowls. Wipe out the saucepan to use in step 5.

3. Char the Pineapple

While the rice is cooking, heat a large skillet over high heat. When the skillet is hot, add the **Pineapple** and sear until both sides are charred, about 2 to 3 minutes per side. Remove the pineapple and set aside. Do not wipe out the skillet.

4. Cook the Chicken

Heat 1½ Tbsp of olive oil in the now-empty skillet over medium high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 minutes. Flip and cook for another 4 minutes on the other side. Spread about 1 Tbsp of **Sesame-Peanut Sauce** over each breast in a thick layer. Flip and cook until the sauce sears onto the chicken, about 1 minute. Add another 1 Tbsp of sesame-peanut sauce to the top of each breast, flip and cook until the sauce is seared onto the second side. Transfer the chicken to a cutting board. Let rest for 5 minutes, then slice into ½" strips.

5. Put it All Together

While the chicken is resting, add the remaining Sesame-Peanut Sauce to the empty saucepan and cook over medium low heat until warm, about 2 minutes. Add the sliced chicken to the serving bowls with a few healthy drizzles of the warmed Sesame-Peanut Sauce. Layer the charred pineapple rings on top and sprinkle with the remaining red pepper, onion and sesame seeds. Enjoy!

*We cook
our rice
like pasta
so you
just need
enough
water to
completely
cover the
rice.*

Indian Grain Bowl with Mango Chili Sauce

There's nothing traditional about this test-kitchen favorite. We're using a mango-chili sauce to give an Indian flair to this hearty seared halloumi and grain bowl. Finished with a fresh cucumber salsa, the result is a speedy dinner that's totally unique!

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

6 MEEZ

CONTAINERS

Halloumi Cheese

Grape Tomatoes

5-Grain Blend

Seasoned

Hominy

Cucumber Salsa

Mango Chili

Sauce

Add Protein Cooking Instructions

CHICKEN - Before grilling the Halloumi in Step 1, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes and slice into strips. Serve on top of the grains in Step 3.

STEAK - Before grilling the Halloumi in Step 1, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes and slice into strips. Serve on top of the grains in Step 3.

SHRIMP - Before grilling the Halloumi in Step 1, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Serve on top of the grains in Step 3.

Good to Know

If you're cooking the **Carb Conscious version**, we sent you cauliflower "rice" instead of the 5-Grain Blend reducing the **carbs to 33g per serving**. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot sauté the cauliflower until it starts to brown, about 3 to 4 minutes.

Remove from the skillet use in place of the 5-Grain Blend as part of the bowl.

Health snapshot per serving – 580 Calories,
30g Protein, 26g Fat, 57g carbs, 19 Freestyle Points.

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



INGREDIENTS: Halloumi Cheese, Hominy, Corn, Cucumber, Red Onion, Tomato, Mango, Mae Ploy, Barley, Wild Rice, Wheat Berries, White Quinoa, Red Quinoa, Olive Oil, Garlic, Cilantro, Ginger, Coriander, Turmeric, Garam Masala, Cumin, Fenugreek, Lime, Salt.

meez meals

1. Grill the Halloumi

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 of olive oil in a large skillet over medium heat. When the oil is hot, add the Halloumi and lightly season with pepper. Cook until one side is golden brown, about 2 minutes, then flip and cook the other side until golden brown, an additional 2 to 3 minutes. Do not wipe out pan.

*We're sending
the halloumi
uncut to
maintain
maximum taste
and freshness.*

2. Make the 5-Grain Blend and Hominy

Put the **Grape Tomatoes** in a ziplock bag and squish.

Return the now-empty skillet to the stove over medium heat with 1 Tbsp olive oil. When the oil is hot, add the **5-Grain Blend** and **Seasoned Hominy**. Sauté until the grains are hot, about 2 minutes. Turn off the heat and stir in the squished tomatoes, including the juices from the ziplock bag.

Transfer the contents of the skillet directly to serving bowls.

3. Put It All Together

Serve the grilled Halloumi on top of the grains. Top with the **Cucumber Salsa** and a generous drizzle of the **Mango Chili Sauce**. Enjoy!.

Instructions for two servings.

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

Steak with Jalapeno-Lime-Butter

This dinner pairs tender, juicy steak with toasted cornbread and seared peppers, onions and tomatoes but the true magic comes from our jalapeno-lime butter, which adds a savory zing we just love.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Small Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jalapeno-Lime-Butter
Cornbread
Steak
Tomatoes
Peppers & Onions
Lime

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the cornbread, reducing the **carbs per serving to 21g**. Instead of cooking the cornbread in step 2, add 1½ Tbsp olive oil to a large skillet over medium high heat. When the oil is hot, add the cauliflower with a pinch of salt and pepper. Cook undisturbed, until it browns about 4 to 5 minutes. Continue to stir and cook until the other sides are brown, about an additional 5 to 7 minutes.

Health snapshot per serving – 650 Calories, 38g Protein, 34g Fat, 51g Carbs, Freestyle Points 19

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

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



INGREDIENTS: Steak, Cornbread, Grape Tomatoes, Red Bell Pepper, Poblano Pepper, Butter, Red Onion, Yellow Onion, Jalapeño, Cilantro, Lime.

meez meals

1. **Melt the Jalapeño-Lime-Butter**

Melt the **Jalapeño-Lime-Butter** in a small saucepan over medium low heat. Turn off the heat but leave the saucepan on the burner.

2. **Toast the Cornbread**

Cut the **Cornbread** into 1-inch cubes. Heat 1½ Tbsp olive oil in a large skillet over medium heat. Add the cornbread cubes to the skillet and stir gently to coat. Cook undisturbed until the bottoms turn golden brown, about 2 to 3 minutes. Gently stir the cornbread again and cook until another side turns golden brown, an additional 2 to 3 minutes. Remove the cornbread from the skillet and transfer directly to serving plates. Drizzle with half the melted Jalapeño-Lime-Butter. Wipe out the skillet.

3. **Cook the Steak**

Return the now-empty skillet to the stove over high heat and add 1 Tbsp of olive oil. When the oil is very hot, add the **Steaks** with a sprinkle of salt and pepper. 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**). When the steaks are done, set aside and allow to rest for 5 minutes. Wipe out the skillet. Once the steak has rested, slice into strips about ½ inch wide.

4. **Sear the Peppers & Onions and Tomatoes**

While the steaks are resting, place the **Tomatoes** in a ziplock bag and squish. Add 1 Tbsp olive oil to the now-empty skillet over medium high heat. When the oil is hot, add the **Peppers & Onions** with a pinch of salt and pepper and cook undisturbed until they char, about 3 minutes. Stir in the squished tomatoes and cook an additional 3 minutes.

5. **Put It All Together**

Serve the veggies over the cornbread and top with the sliced steak. Drizzle the remaining Jalapeño-Lime-Butter over everything. Slice the **Lime** in half and squeeze over the entire dish. Enjoy!

Instructions for two servings.

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

Parmesan Lemon-Chai Rigatoni with Broccoli

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Sugar (Optional)
Cayenne
(Optional)

5 MEEZ CONTAINERS

Walnuts
Broccoli
Rigatoni
Lemon-Chai
Vinaigrette
Parmesan
Cheese

Add Protein Cooking Instructions

CHICKEN - Before Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes then slice into 1/2" strips. Serve with the broccoli and sauce in Step 5.

STEAK - Before Step 3, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes then slice into 1/2" strips. Serve with the broccoli and sauce in Step 5.

SHRIMP - Before Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Serve with the broccoli and sauce in Step 5.

Good To Know

If you're making the **vegan version**, we've left the parmesan out. For the **Carb Conscious version**, we sent you zucchini "noodles" instead of pasta, reducing the **carbs per serving to 23g**. Prior to step 3, heat 1 Tbsp oil in a large skillet and cook the zucchini noodles, stirring frequently, for about 4 to 5 minutes. Place immediately in your serving bowls and continue to Step 3.

Health snapshot per serving –850 Calories, 52g Fat, 76g Carbs26g Protein, 30 Smart Points

Lightened up health snapshot per serving – 690 Calories, 37g Fat, and 73g Carbs by using half of the cheese & nuts and half of the vinaigrette.

SCAN QR CODE
to view
YouTube
cooking video



INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

meez *meals*

1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

Your nuts are done when the sauce begins to stick to them.

3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

5. Put It All Together

Add the broccoli to the rigatoni with the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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