

Mae Ploy Chicken

35 Min
to Table

15 Min
Hands
On

2 Whisks
Easy

Getting Started

Preheat your oven to 425 and bring a water to a boil.

From Your Pantry

You'll need olive oil, salt and pepper.

Avocado Tilapia Sandwich with Jalapeño Slaw

20 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

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

Quick Tips



Creamy Tomato Soup with Grilled Cheese Croutons

30
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Cook the filling up to a day ahead.

Meal Tip

You'll need olive oil, salt and pepper

Shrimp & Fettucine with Spinach Alfredo Sauce

20 Min
to Table

5 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water onto boil.

From Your Pantry

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

Himalayan Red Rice with Bangkok Basil Crunch

35 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425 and bring water to a boil.

Omnivore Option

Chicken drumsticks are great in this.

Chile Relleno Verde

35 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

Meal Tip

You'll need olive oil, salt and pepper

Filipino Bistek Steak Noodle Bowl

30
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring saucepan of water to a boil.

Meal Tip

You'll need olive oil, salt and pepper

BBQ Salmon with Loaded Mashed Potatoes

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

You'll need olive oil, salt & pepper.

Bacon & Smoked Gouda Chicken

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Cook the bacon and onions in a large skillet.

From Your Pantry

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

Meal Tip

Use two pots and shave off 10 minutes.

Caramelized Butternut Squash Rotini

30 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Bring a large pot of water onto boil and preheat oven to 400.

From Your Pantry

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

Braised Dijon Meatballs over Parmesan Polenta

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp. olive oil in large skillet.

Meal Tip

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

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Braised Dijon Meatballs over Parmesan Polenta (use 2/3 of the polenta, sauce, & butter)	860	25	56	65	6	2260	28	31	60% Vitamin A	50% Vitamin C
	680		44					25		
Mae Ploy Chicken	760	67	17	88	8	1627		22	13% Vitamin A	37% Vitamin C
½ the rice and sauce	600		17					15		
Avocado Tilapia Sandwich with Jalapeño Slaw	650	34	24	79	10	2700	24	18	100% Vitamin C	90% Vitamin A
Shrimp & Fettuccine with Spinach Alfredo Sauce	780	55	29	77 CC 28	6	910	11	22	45% Calcium	50% Vitamin A
(use 2/3 pasta and sauce)	640		25					16		
Himalayan Red Rice with Bangkok Basil Crunch	600	29	35	49	10	1444		19	316% Vitamin A	30% Calcium
Bacon & Smoked Gouda Chicken	860	77	45	40	5	1260		21	31% Calcium	59% Vitamin C
(no butter, 2/3 of cheese, bacon and onion mix, and bbq sauce)	650		28					13		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chile Relleno Verde	640	34	15	98	21	1250	14	11	50% Iron	180% Vitamin C
Filipino Bistek Steak Noodle Bowl	430	38	8	52 CC 26	5	2150	9	8	60% Vitamin K	40% Vitamin C
Caramelized Butternut Squash Rotini	590	25	21	80 CC 31	8	520	9	16	40% Calcium	120% Vitamin A
BBQ Salmon with Loaded Mashed Potatoes	580	46	22	50 CC 39	5	890	25	13	90% Vitamin D	110% Vitamin C
Cream of Tomato Soup with Grilled Cheese Croutons	740	19	62	29	4	1084	12	30	62% Calcium	69% Vitamin A
½ the bread and ½ the cheese	610		55					26		
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% 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.

Braised Dijon Meatballs over Parmesan Polenta

Classic comfort gets an elegant upgrade in this rich, satisfying dinner. Beef meatballs and charred cabbage and carrots are braised in a creamy honey Dijon sauce with sage, then served over warm Parmesan polenta. Fresh herbs bring it all together for a sophisticated meal that's surprisingly easy to prepare.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet (with a cover)
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (3 Tbsp)

5 MEEZ CONTAINERS

Cabbage, Onion & Carrots
Beef Meatballs
Honey Dijon Sauce
Parmesan Polenta
Chives & Parsley

Good to Know

Health snapshot per serving – 860 Calories, 56g Fat, 65g Carbs, 25g Protein, and 31 Freestyle Points.

Lightened-up health snapshot per serving – 680 Calories, 44g Fat, 50g Carbs, and 25 Freestyle Points, by using two-thirds of the polenta, sauce and butter. Use 1½ tbsp of butter in the sauce with the meatballs in step 2, and ½ Tbsp butter to the polenta in step 3.

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

INGREDIENTS: Beef Meatballs, Cabbage, Carrot, Polenta, Yellow Onion, Honey, Apple Cider Vinegar, Vegetable Oil, Dijon Mustard, Parmesan, Parsley, Whole Grain Mustard, Chive, Kosher Salt, Sage.

meez meals

1. Cook the Cabbage, Onion & Carrots

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Cabbage, Onion & Carrots** and lightly sprinkle with salt and pepper. Cook until the cabbage is charred and carrots are tender, about 6 to 7 minutes.

2. Braise the Meatballs

Add the **Beef Meatballs** to the skillet with the vegetables and cook until they start to char, about 3 minutes. Add the **Honey Dijon Sauce**, stir well, and bring to a boil. Reduce the heat to medium-low and simmer until thickened enough to coat the back of a spoon, about 3 to 4 minutes. Add 2 Tbsp of butter and stir until melted. Turn off the heat, cover, and set aside until step 4.

3. Cook the Cheesy Polenta

Bring 1½ cups water to a boil in a large saucepan over high heat. Slowly add the **Parmesan Polenta** to the boiling water while whisking constantly until there are no lumps, about 1 minute.

Reduce the heat to medium and cook, stirring frequently, until the polenta thickens, an additional 1 to 2 minutes.

Remove from the heat and add half of the **Chives & Parsley** and 1 Tbsp of butter. Stir until the butter melts and the herbs are mixed into the polenta.

4. Put It All Together

Serve the meatballs and veggies over the polenta and drizzle with the remaining sauce from the skillet. Sprinkle with the remaining chives & parsley and enjoy!

Instructions for two servings.

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

Mae Ploy Chicken

Mae Ploy is the secret sauce behind some of our favorite Thai recipes. This week we're glazing chicken in the classic sweet chili sauce, then serving it over a bed of brown rice and fresh green beans. Topped with peanuts and fresh herbs, it's the Thai dinner you've been craving.

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Sauce Pan
Sauté Pan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Brown Rice
Green Beans
Chicken Breasts
Mae Ploy Sauce
Peanuts and Herbs

Make The Meal Your Own

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..

Good To Know

Be sure to generously season your chicken with salt, about ½ tsp for each breast.

Health snapshot per serving – 700 Calories, 8g Fat, 95g Carbs, 67g Protein and 17 Freestyle Points.

Lighten Up snapshot per serving – 520 Calories, 7g Fat, 53g Carbs, 65g Protein and 9 Freestyle Points using half the sauce and half the rice.

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

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cooking video**



INGREDIENTS: Free-Range Chicken, Green Beans, Brown Rice, Mae Ploy Sauce, Peanuts, Cilantro, Lime Juice, Tamari, Garlic, Sriracha Sauce and Ginger

meez *meals*

1. Getting Organized

Preheat oven to 425 and bring water to a boil.

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until al dente, about 20 to 30 minutes. Drain the rice, fluff with fork and cover.

We cook our rice like pasta so just make sure you cover the rice with plenty of water

2. Cooking the Green Beans

Place the **Green Beans** on a baking sheet, drizzle with olive oil, salt and pepper. Bake in oven for 8-10 minutes. The green beans should look a bit charred, be fork tender and will continue to cook a bit when you take them out of the oven.

3. Cooking the Chicken

Generously sprinkle the **Chicken Breasts** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 tsp oil in a skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes.

Your sauce will be the perfect consistency when it's thick enough to coat the back of a spoon without falling off

When chicken is done cooking, reduce the heat to medium high, and add the **Mae Ploy Sauce** to the chicken, and cook for another 4-5 minutes. This will help make the sauce nice and thick.

Spoon sauce over the chicken while it cooks to add a delicious glaze.

4. Putting It All Together

Put the rice on a plate, top with the green beans and chicken. Add the **Peanuts and Herbs**. Enjoy!

Love this recipe? #meezmagic

Avocado Tilapia Sandwich with Jalapeño Slaw

Get ready for a flavor explosion. Our tilapia sandwich comes together with roasted sweet potato chips, a crunchy jalapeno slaw, creamy avocado dressing, and flaky tilapia, all served up on rustic Italian bread. It's a speedy dinner that's filling and fun.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Mixing Bowl

Good To Know

Health snapshot per serving – 650 Calories, 24g Fat, 79g Carbs, 34g Protein and 18 Smart Points

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

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

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5 MEEZ CONTAINERS

Sweet Potatoes
Tilapia
Italian Bread
Avocado Dressing
Jalapeño Slaw

INGREDIENTS: Tilapia, Rustic Panini Bread, Sweet Potatoes, Broccoli, Avocado, Mayonnaise, Red Onion, Jalapeño, Lime, Sugar, Cilantro, Kosher Salt

meez*meals*

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prepare the Sweet Potato Chips

Toss the **Sweet Potatoes** with a drizzle of olive oil, salt and pepper on a baking sheet. Arrange in a single layer and roast until crispy, about 20 to 25 minutes.

3. Prepare and Cook the Tilapia

While the potatoes are baking, pat dry the **Tilapia** and sprinkle with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook on one side until brown, about 3 minutes. Flip and repeat. Set aside. Wipe out the skillet.

4. Grill the Bread

Heat the now-empty skillet over medium heat. Brush both sides of the **Italian Bread** slices with olive oil, then add to the skillet in a single layer, working in batches if necessary. Cook until each side is golden brown, about 2 minutes per side.

5. Put It All Together

Toss half the **Avocado Dressing** with the **Jalapeño Slaw** in a mixing bowl.

Spread the remaining dressing on one side of the grilled bread. Layer the sweet potato chips on the dressed bread, then the tilapia, jalapeño slaw and final piece of bread. Slice the sandwich in half and enjoy!

Shrimp & Fettuccine with Spinach Alfredo Sauce

The best alfredo sauces are rich and creamy with a squeeze of lemon juice. This recipe is all that, but we challenged the test kitchen for something more, and they delivered with the addition of spinach, arugula and basil. It's bright and packed with vitamins, and even better with sauteed shrimp and tender fettuccine.

20 *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
Butter (1 Tbsp)

6 MEEZ CONTAINERS

Fettuccine
Tomato & Zucchini
Shrimp
Sweet Paprika
Spinach Alfredo
Sauce
Pecorino & Parmesan

Good to Know

If you ordered the **Carb Conscious version** we sent you green beans instead of the pasta, reducing the **carbs per serving to 28g**. Skip steps 1 and 2. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the green beans with a sprinkle of salt and pepper, and cook until they start to char, about 4 to 5 minutes. Set aside and wipe out the skillet. Use the green beans in place of the pasta in step 5.

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

Health snapshot per serving – 780 Calories, 29g Fat, 55g Protein, 77g Carbs, 22 Freestyle Points.

Lightened-up health snapshot per serving – 640 Calories, 25g Fat, and 56g Carbs by using two-thirds of the pasta and two-thirds of the sauce.

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

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INGREDIENTS: Shrimp, Tomato, Cream, Zucchini, Fettuccine, Spinach, Parmesan, Pecorino Romano, Arugula, Garlic, Basil, Lemon, Brown Sugar, Paprika, Annatto, Black Pepper

meez*meals*

1. **Get Organized**

Bring a large saucepan of water to boil.

2. **Cook the Pasta**

Add the **Fettuccine** to the boiling water with a pinch of salt and cook until al dente, about 10 to 12 minutes. Drain and set aside until step 5.

3. **Sear the Veggies**

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Tomato & Zucchini** and cook until they soften and start to brown, about 3 to 4 minutes. Remove from the skillet and set aside until step 5. Do not wipe out the skillet.

4. **Cook the Shrimp**

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry the **Shrimp**. When the oil is hot, add the **Shrimp** and cook for a minute on each side until they are opaque and no longer grey in color. Transfer the shrimp to a cutting board and cut each shrimp in half. Do not wipe out the skillet.

Return the now-empty skillet to the stove with 1 Tbsp of butter and the **Sweet Paprika** over low heat. Stir continuously until the butter is melted, about a minute. Remove from the heat and stir in the cooked shrimp. Set the skillet aside until step 6.

5. **Cook the Sauce**

Heat the now-empty Fettuccine saucepan over medium heat and add the **Spinach Alfredo Sauce**. Bring to a low boil and then simmer for 1 to 2 minutes until it thickens slightly, then remove from the heat. Add the **Pecorino & Parmesan**, cooked Tomato & Zucchini, and cooked Fettuccine to the saucepan. Stir gently.

6. **Put It All Together**

Serve the pasta, veggies and sauce with the shrimp on top. Enjoy!

Instructions for two servings.

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

Himalayan Red Rice with Bangkok Basil Crunch

Our favorite rice bowl. It all starts with an Asian-inspired basil crunch made from plenty of fresh basil, ginger, coconut and ground peanuts, mixed up with Himalayan red rice, baked organic tofu and roasted kale. Unusual and totally delicious.

35 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Rimmed Baking
Sheets
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Basil Peanut
Crunch
Red Rice
Kale
Tofu
Coconut

Add Protein Cooking Instructions

Integrate into recipe: While the tofu and kale are roasting in step 3, cook the protein (per instructions below) & then slice into strips (*flake the salmon, leave shrimp whole*) and toss with the rice in step 4.

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

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

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

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

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

Good To Know

If you're cooking the carb conscious version, we sent you veggie "rice" instead of the red rice, reducing the **carbs per serving to 28g**. In step 3, while the kale and tofu are roasting, heat 1½ Tbsp olive oil in a skillet over high heat. When the oil is hot, add the veggie "rice" and cook until it starts to brown, about 2 to 3 minutes. Remove from the heat and set aside until step 4.

Health snapshot per serving – 600 Calories,
29g Protein, 10g Fiber, 19 Smart Points

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YouTube cooking video**



INGREDIENTS: Organic Tofu, Kale, Himalayan Red Rice, Peanuts, Coconut Milk, Coconut, Tamari Sauce,
Rice Wine Vinegar, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 425, put a saucepan of water on to boil and take the **Basil Peanut Crunch** out of the refrigerator to warm up.

2. Cook the Red Rice

Salt the boiling water and add the **Red Rice**. Simmer uncovered until tender, about 20 to 25 minutes. Drain, return to the pot and let sit, covered, for 5 minutes.

3. Roast the Kale, Tofu and Coconut

Put the **Kale** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it just starts to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the kale goes into the oven. Put the **Tofu** on to a rimmed baking sheet. Drizzle with olive oil and arrange in a single layer, then bake until it's golden brown at the edges and puffs a little, about 7 to 15 minutes. When the tofu is about 3 minutes away from coming out of the oven, add the **Coconut** to the baking sheet. Bake until fragrant and golden brown, about 3 minutes.

We like to line our baking sheets with parchment to make clean up easier.

Keep an eye on the coconut while it cooks! Even Chef Max has burned it once or twice.

4. Put It All Together

Serve the rice topped with the kale, tofu and half of the **Basil Peanut Crunch**. Mix together, then add more basil peanut crunch to taste. Serve topped with the toasted coconut. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Bacon & Smoked Gouda Chicken

We took our inspiration from the cozy cafes of the Netherlands, where Gouda is king and chicken is a favorite. We're pairing smoked Gouda with savory bacon on top of juicy chicken breast. Served up over sautéed cabbage and leeks with a honey-mustard BBQ sauce that had us coming back for seconds.

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet with a Cover
Meat Tenderizer (mallet) or
Small Pot

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1/2 tbsp per svg.)

5 MEEZ CONTAINERS

Bacon & Onions
Cabbage & Leeks
Chicken Breast
Smoked Gouda Cheese
Honey Mustard BBQ Sauce

Make The Meal Your Own

In a hurry? You can shave 10 minutes off this recipe if you use two pots and cook the chicken while the veggies are cooking.

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

Good To Know

Health snapshot per serving – 860 Calories, 45g Fat, 77g Protein, 40g Carbs, 28 Freestyle Points.

Lightened-Up Health snapshot per serving – 650 Calories, 28g Fat, 31g Carbs, 13 Freestyle Points by using 2/3 of the cheese, Bacon & Onions, 2/3 of the BBQ Sauce and not including the butter.

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

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INGREDIENTS: Chicken Breast, Cabbage, Leeks, Smoked Gouda, Bacon, Onion, BBQ Sauce, Dijon Mustard, Honey, Apple Cider Vinegar, Black Pepper.

meez meals

1. Cook the Bacon & Onions

Cook the **Bacon & Onions** in a large skillet over medium heat until the bacon is slightly crisp, and the onions are translucent, about 4 minutes. Take the bacon and onions out of the skillet and set aside until Step 3. Do not wipe out skillet.

2. Cook the Cabbage and Leeks

Add 1 Tbsp butter to the now-empty skillet over medium heat. When the butter has melted, add the **Cabbage & Leeks** with a light sprinkle of salt and pepper. Cook, stirring occasionally, until the cabbage starts to soften and turns a light, almost translucent green, about 7 to 8 minutes. Transfer directly to serving plates. Do not wipe out the skillet.

3. Cook the Chicken

While the cabbage & leeks are cooking, 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 less than 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.)

Once the cabbage & leeks are finished cooking, heat 1½ Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the chicken and cook, without moving, until the sides brown, about 2 minutes. Flip and continue cooking until the chicken just starts to get golden, about 1 minute longer. Spread the **Smoked Gouda Cheese** on top of the chicken in a single layer, edge-to-edge. Then arrange the cooked bacon and onions over the cheese, also in a single layer, edge-to-edge.

Cover the skillet and cook until the cheese is completely melted, about 2 to 3 additional minutes.

4. Put It All Together

Serve the smothered chicken breasts on top of the cabbage & leeks and drizzle with the **Honey Mustard BBQ Sauce**. Enjoy!

The oil from the bacon and onions will add flavor to the veggies in step 2.

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

Instructions for two servings.

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

Chile Relleno Verde

We love Chile Rellenos, but the classic version is battered and fried - too much for a busy weeknight dinner. We've discovered a streamlined casserole that eliminates that messy step. With rice, black beans, and a flavorful verde sauce, it's comfort food simple enough for the busiest of nights.

Getting Organized

EQUIPMENT

Casserole Dish
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Poblano Peppers
Rice
Spiced Corn &
Beans
Chihuahua &
Mozzarella
Verde Sauce

Add Protein Cooking Instructions

Integrate into recipe: While the rice is cooking in step 3, cook the protein (per instructions below) and then shred (*flake the salmon, leave shrimp whole*) and stir into the rice and bean mix before adding to the casserole in step 5.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes. STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes. SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes. SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

Health snapshot per serving – 640 Calories, 15g Fat, 34g Protein, 98g Carbs, 11 Smart Points

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

35 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

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



INGREDIENTS: Poblano Peppers, Black Beans, White Rice, Green Enchilada Sauce, Corn, Yellow Onion, Chihuahua Cheese, Mozzarella, Carrot, Orange Juice, Sour Cream, Tomato, Garlic, Vegetable Stock, Ancho Chili, Sugar, Lime Juice, Cilantro, Paprika, Coriander, Oregano, Cumin, Kosher Salt, Black Pepper

meez meals

1. Get Started

Preheat the oven to 425. Bring a saucepan of water to a boil.

2. Roast the Poblano Peppers

Spray or lightly brush the **Poblano Peppers** with olive oil and arrange them, skin-side-up in a single layer in a casserole dish. Roast until the peppers soften and the skin starts to blister, about 15 minutes. Remove the dish from the oven, flip the peppers and rearrange into a single layer. Set aside until step 5.

*We recommend
8"x8" or similar
sized casserole
dish.*

3. Cook the Rice

As soon as the poblanos are roasting, add the **Rice** to the boiling water and cook until soft, about 15 minutes. Drain and set aside in a colander.

4. Make the Rice, Corn and Beans

Add 1 Tbsp olive oil to the now-empty saucepan over medium-high heat. When the oil is hot, add the **Spiced Corn & Beans** and 3 Tbsp water. Cook, stirring frequently, until the onions and carrots soften, about 3 to 5 minutes. Turn off the heat and add back the cooked rice. Stir well, cover, and set aside.

5. Bake the Casserole and Serve

Top the poblano peppers with an even layer of the rice mix, then sprinkle with the **Chihuahua & Mozzarella**. Bake until the cheese is melted and starting to brown, about 8 to 10 minutes. Remove and from the oven let cool for 5 minutes.

Drizzle with the **Verde Sauce** and enjoy!

Instructions for two servings.

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

Filipino Bistek Steak Noodle Bowl

We're bringing Filipino-inspired flavor front and center in this standout noodle bowl. Juicy steak is coated in a vibrant citrus soy sauce with garlic, creating a perfect balance of savory and tangy richness. Paired with tender noodles and crisp cucumber, it's fresh, craveable, and full of character.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Steak
Onions
Citrus Soy Sauce
Somen Noodles
Cucumbers & Cilantro

Good to Know

If you ordered the **Carb Conscious version**, we sent you zucchini "noodles" instead of somen noodles, reducing the **carbs per serving to 26g**. Skip steps 1 and 4. Prior to cooking the onions in step 3, sauté the zucchini noodles in the large skillet over medium-high heat with olive oil, salt and pepper until slightly charred and tender, about 3 to 4 minutes. Remove from the skillet and use in place of the somen noodles.

Health snapshot per serving – 430 Calories, 8g Fat, 52g Carbs, 38g Protein, and 8 Freestyle Points.

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

INGREDIENTS: Steak, Yellow Onion, Somen Noodles, Orange, Green Onion, Cucumber, Tamari, Mango, Lime Garlic, Cilantro, Lemon, White Pepper.



1. Get Organized

Bring a medium saucepan of water to boil.

2. Cook the Steak

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat dry the **Steaks** and season both sides with salt and pepper. When the oil is hot, add the steaks and cook until the bottoms brown and sides start to color, about 3 to 4 minutes. Flip and continue to cook for 3 additional minutes if you prefer **medium-rare**. (Cook for 4 minutes for **medium** and 5 to 6 for **well-done**). Transfer to a cutting board to rest for 5 minutes, then slice into ½" strips. Wipe out the skillet.

3. Sauté the Onions

While the steak is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Onions**. Cook, stirring occasionally, until the green onions char and yellow onions start to brown, about 5 to 6 minutes. Add the **Citrus Soy Sauce** and reduce the heat to medium. Cook until the sauce has thickened enough to coat the back of a spoon, about 2 to 3 minutes. Remove from the heat and stir in the sliced steak.

4. Cook the Noodles

While the onions are cooking, add the **Somen Noodles** to the boiling water and cook until al dente, about 3 minutes. Drain well, return to the saucepan and cover until ready to serve.

5. Put It All Together

Serve the somen noodles topped with the steak, onions and sauce from the skillet and then add the **Cucumbers & Cilantro** on top. Enjoy!

Instructions for two servings.

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

Caramelized Butternut Squash Rotini

We challenged the test kitchen for an evolution of winter comfort food, and they produced this gem. Cozy roasted and caramelized butternut squash and tricolor rotini make it cozy, and arugula and chives keep it light. Topped with Parmesan, it's flat out delicious.

Getting Organized

EQUIPMENT

Baking Sheet
Large Saucepan
Large Skillet

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Butternut Squash
Tricolor Rotini
Zucchini, Carrots &
Onions
Arugula
Parmesan & Chives
Lemon

Add Protein Cooking Instructions

Integrate into recipe: While the pasta is cooking in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the pasta and veggies in step 4.

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

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

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

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

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

Good To Know

If you ordered the Carb Conscious version, we sent you zucchini "noodles" instead of the rotini, reducing the **carbs per serving to 31g**. Skip the boiling water in step 1. Prior to step 4, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, cook the zucchini until it starts to char, about 4 to 5 minutes. Use in place of the rotini noodles at the end of step 4.

Health snapshot per serving – 590 Calories, 25g Protein, 21g Fat, 80g Carb, 16 Freestyle Points.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Butternut Squash, Tricolor Rotini, Zucchini, Lemon, Arugula, Yellow Onion, Carrot, Parmesan, Garlic, Chive, Black Pepper, Savory

meez meals

1. Get Organized

Bring a large saucepan of water to a boil with a pinch of salt. Preheat the oven to 400.

2. Roast the Squash

Add the **Butternut Squash** to a baking sheet and drizzle with olive oil, salt and pepper. Toss and arrange single layer. Bake until the squash just starts to brown, about 12 to 14 minutes.

3. Cook the Pasta

While the squash is roasting, add the **Tricolor Rotini** to the boiling water and cook until al dente, 10 to 12 minutes. Drain and set aside.

4. Make the Brown Butter Veggies

When the squash is out of the oven, melt 2 tbsp butter in a large skillet over medium heat. Add the **Zucchini, Carrots & Onions** and the roasted squash, and sauté stirring occasionally, until the veggies start to caramelize about 8 to 10 minutes. Turn off the heat and immediately add 1 Tbsp of olive oil and the **Arugula**. Stir until the arugula wilts, then add the cooked pasta and two-thirds of the **Parmesan & Chives**. Mix all the ingredients together.

5. Putting it All together

Serve the pasta topped with the remaining cheese and finish with a squeeze of **Lemon**. Enjoy!

Instructions for two servings.

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

BBQ Salmon with Loaded Mashed Potatoes

Down-home cooking goes up a notch in this restaurant-worthy dinner. With bacon & broccoli mashed potatoes, a citrus slaw, and salmon smothered in BBQ sauce, it's sure to become a new classic.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Red Potatoes
Bacon & Broccoli
Cheesy Sour Cream &
Green Onion
Salmon
BBQ Sauce
Citrus Slaw

Good to Know

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

If you ordered the Carb Conscious version, we sent you cauliflower florets instead of red potatoes, reducing the carbs to 39g. Skip the cutting into quarters, then treat the cauliflower as the potatoes throughout.

Health snapshot per serving – 580 Calories, 22g Fat, 50g Carbs, 46g Protein and 13 Freestyle Points.

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

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



INGREDIENTS: Salmon, Red Potatoes, Broccoli, BBQ Sauce, Cabbage, Red Onion, Sour Cream, Orange Juice, Lime Juice, Bacon, White Cheddar, Green Onion, Parmesan, Cilantro, Honey, Dijon Mustard, Kosher Salt.

meez*meals*

1. Get Organized

Preheat the oven to 400.

2. Roast the Potatoes

Slice the **Red Potatoes** into quarters and place on a baking sheet. Toss with olive oil, salt and pepper and arrange in a single layer. Bake until golden brown and fork tender, about 20 minutes.

Remove from the oven and while still on the baking sheet, mash with a fork or potato masher. Transfer the potatoes to the large mixing bowl with the cooked bacon and broccoli in step 3.

3. Create the Loaded Mashed Potatoes

While the potatoes are roasting, put the **Bacon & Broccoli** in a large skillet and cook over medium-high heat until the bacon is crispy about 5 minutes. Transfer to a large mixing bowl and set aside.

When the potatoes are done roasting, combine them with the cooked bacon and broccoli and **Cheesy Sour Cream & Green Onion**. Mix well until it has the consistency of lumpy mashed potatoes.

4. Cook the Salmon

After you've cooked the bacon and broccoli, heat 1 Tbsp of olive oil in the now-empty bacon skillet over medium-high heat. Pat dry the **Salmon** and season both sides with salt and pepper. When the oil is hot, add the salmon and cook until it turns brown, about 3 minutes. Flip and cook the other side for 3 additional minutes. Add the **BBQ Sauce** on top of each salmon filet. Cook for 1 minute while spooning any sauce that falls back on top of the salmon. Turn off the heat and let rest in the skillet for 5 minutes.

5. Put It All Together

Drain the liquid from the **Citrus Slaw** and serve alongside the BBQ salmon and the loaded mashed potatoes. Enjoy!

Cream of Tomato Soup with Grilled Cheese Croutons

We're turning classic grilled cheese and tomato soup upside down by serving toasted gruyere croutons right in the creamy soup. The combination can't be beat.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

French Roll
Gruyere &
Chives
Seasoned
Onions
Tomatoes &
Herbs
Cream

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and serve alongside the soup when it is finished.

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

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

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

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

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

Good to Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the French roll to make cauliflower "croutons" (**reducing the carbs per serving to 21g**). In step 1 preheat the oven to 425 and place the Cauliflower in a single layer on a baking sheet. Drizzle with olive oil. Bake until the cauliflower starts to turn brown, about 15 to 17 minutes. While still on the baking sheet, form the cauliflower, using a spoon, into two rectangles about 4" by 5". Top each rectangle with half the **Gruyere & Chives** and return to the oven until the cheese is bubbly and starts to brown, about 8 to 10 minutes. Turn off the heat but leave the cauliflower and cheese in the oven until step 4.

Health snapshot per serving – 740 Calories, 19g Protein, 62g Fat, 29g Carb, 30 Freestyle Points.

Lightened-Up Health snapshot per serving – 610 Calories, 12g Protein, 55g Fat, 22g Carb, 26 Freestyle Points with ½ the bread and ½ the cheese.

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



INGREDIENTS: Tomatoes, French Roll, Gruyere, Cream, Basil, Chive, Onion, Vegetable Broth, Black Pepper.

meez meals

1. Getting Organized

Preheat oven to 350 degrees.

2. Prepare the Croutons

Cut the **French Rolls** into ½" cubes and place on a baking sheet. Drizzle with olive oil, and lightly salt and pepper. Bake until the croutons brown, about 10 minutes. Cover the croutons with the **Gruyere & Chives** and return to the oven to bake until the cheese is melted and bubbly, about 3 to 5 additional minutes. Turn off oven but leave croutons inside to stay warm until the soup is done.

3. Cook the Soup

While the croutons are baking, heat 1 Tbsp olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Seasoned Onions** and cook until they are brown and slightly translucent, about 4 minutes.

Turn the heat to high, stir in the **Tomatoes & Herbs** and **Cream** and bring to a boil.

Lower the heat to low, cover, and simmer for 5 minutes.

4. Finish and Serve

Ladle the soup into serving bowls, top with the croutons, and enjoy!

Instructions for two servings.

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