

Tomato Basil Shrimp Scampi

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a large saucepan of water on to boil.

From Your Pantry

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

Chive Beurre Blanc Salmon & Mushrooms

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat olive oil in large skillet.

From Your Pantry

You'll need olive oil, salt and pepper.

Quick Tips



Chicken Parmesan with Basil Aioli Kale Slaw

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400.

From Your Pantry

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

Deconstructed Chicken Kiev

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 425.

From your Pantry

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

Truffle Mac-n-Cheese

45 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 375 and bring a saucepan of water to boil.

From Your Pantry

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

Chicken Pot Pie

| | | |
|---------------------------|------------------------------|---------------------------------|
| 50 Min to Table | 20 Min Hands On | 1 Whisk Super Easy |
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| Getting Started | Preheat your oven to 400. |
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|-----------------------|---------------------------------------|
| Make Ahead Tip | Cook the filling up to a day ahead. . |
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Bayou Steak Sandwich with Cajun Fries

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|---------------------------|------------------------------|-------------------------|
| 30 Min to Table | 30 Min Hands On | 2 Whisks Easy |
|---------------------------|------------------------------|-------------------------|

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| Getting Started | Preheat your oven to 425. |
|------------------------|---------------------------|

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|-------------------------|--|
| From Your Pantry | You'll need some olive oil, salt and pepper. |
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Asian Angus Beef Burger

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|---------------------------|------------------------------|---------------------------------|
| 25 Min to Table | 25 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

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| Getting Started | Heat 1 Tbsp of olive oil in a skillet. |
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|-------------------------|--|
| From Your Pantry | You'll need olive oil and one egg per serving. |
|-------------------------|--|

Vegetarian Bi Bim Bap

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|---------------------------|------------------------------|-------------------------|
| 40 Min to Table | 30 Min Hands On | 2 Whisks Easy |
|---------------------------|------------------------------|-------------------------|

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|-----------------|---|
| Meal Tip | Add the Gochujang to get your spicy just right. |
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|------------------------|---|
| Getting Started | Preheat your oven to 425 and put a saucepan of water on to boil |
|------------------------|---|

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|-------------------------|--|
| From Your Pantry | You'll need olive oil, salt, pepper and one egg per serving. |
|-------------------------|--|

Butternut Squash Tacos with Ancho Crema

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|---------------------------|------------------------------|---------------------------------|
| 25 Min to Table | 10 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

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|------------------------|---------------------------|
| Getting Started | Preheat your oven to 425. |
|------------------------|---------------------------|

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

Tuscan Cabbage & Kale Soup

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|---------------------------|------------------------------|---------------------------------|
| 40 Min to Table | 10 Min Hands On | 1 Whisk Super Easy |
|---------------------------|------------------------------|---------------------------------|

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|------------------------|--------------------|
| Getting Started | Cook the Mirepoix. |
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|-------------------------|--|
| From Your Pantry | You'll need some olive oil, 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) | |
|--|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|--------------------|
| Bayou Steak Sandwich with Cajun Fries | 850 | 38 | 46 | 76 | 9 | 600 | 19 | 26 | 30% Vitamin C | 15% Iron |
| (use 1/2 the scallion aioli) | 660 | | 24 | | | | | 19 | | |
| Deconstructed Chicken Kiev | 790 | 54 | 27 | 82 | 10 | 690 | 9 | 17 | 100% Vitamin A | 15% Vitamin C |
| (1/2 the panko & 2/3 the butter) | 640 | | 20 | | | | | 11 | | |
| Vegetarian Bi Bim Bop | 410 | 23 | 14 | 51 | 8 | 636 | x | 12 | 221% Vitamin A | 61% Vitamin C |
| Tomato Basil Shrimp Scampi | 500 | 37 | 11 | 66 CC18 | 6 | 220 | 8 | 11 | 46% Vitamin C | 23% Vitamin B6 |
| Chive Beurre Blanc Salmon & Mushrooms | 460 | 35 | 28 | 16 | 4 | 490 | 7 | 10 | 80% Vitamin D | 30% Vitamin A |
| Chicken Parmesan with Basil Aioli Kale Slaw | 980 | 77 | 58 | 37 | 4 | 1320 | 8 | 24 | 83% Calcium | 106% Vitamin B6 |
| (use 1/2 the breadng and basil oil) | 780 | | 42 | | | | | 17 | | |
| Truffle Mac-n-Cheese | 980 | 39 | 63 | 69 | 7 | 695 | 15 | 38 | 156% Vitamin C | 90% Calcium |
| (use all the veggies and half of everything else) | 610 | | 42 | | | | | 32 | | |

Health Snapshot

| Recipe | Calories | Protein (grams) | Fat (grams) | Carbs (grams) | Fiber (grams) | Sodium (milligrams) | Sugar (grams) | Smart Points | Key Vitamins/Minerals (% of rcmndd daily) | |
|---|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|----------------|
| Asian Angus Beef Burger | 700 | 45 | 46 | 26 CC 6 | 2 | 624 | 3 | 15 | 60% Vitamin A | 65% Vitamin C |
| (no bun, 1/2 the peanut sauce, 1/2 the aioli) | 570 | | 42 | | | | | 12 | | |
| Chicken Pot Pie | 920 | 65 | 36 | 82 | 8 | 367 | | 26 | 22% Vitamin B-6 | 399% Vitamin A |
| (use ½ the pie crusts) | 680 | | 18 | | | | | 17 | | |
| Butternut Squash Tacos with Ancho Crema | 610 | 14 | 20 | 99 | 12 | 1140 | 30 | 18 | 138% Vitamin A | 62% Vitamin C |
| Tuscan Cabbage and Kale Soup | 150 | 8 | 1 | 28 | 8 | 796 | 9 | 1 | 117% Vitamin A | 40% Vitamin C |
| Add a Protein All-Natural Chicken Breast | 220 | 41 | 5 | 0 | 0 | 85 | 0 | 3 | 90% Vitamin B6 | 4% Iron |
| Add a Preotein 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) | |
|----------------------------------|----------|--------------------|----------------|------------------|------------------|------------------------|------------------|-----------------|--|--------------|
| Oreo Mousse Pie | 760 | 8 | 49 | 78 | 3 | 390 | 52 | | 6% Calcium | 6% Iron |
| Belgian Chocolate Vegan Brownies | 420 | 6 | 20 | 62 | 4 | 300 | | | 10% Iron | |
| 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 |
| Kitchen Sink Cookies | 380 | 5 | 19 | 49 | 2 | 400 | 10 | 17 | 20% Iron | 8% 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.

Bayou Steak Sandwich with Cajun Fries

We took steak night and gave it a Louisiana twist. Cajun-blackened steak, scallion aioli, and crisp slaw on a toasted French roll? Yes, please. With golden Cajun fries on the side, this dinner is bold, satisfying, and totally addictive.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Fingerling Potatoes
Cajun Seasoning
Scallion Aioli
Steak
French Rolls
Cole Slaw

Good to Know

Health snapshot per serving – 850 Calories, 46g Fat, 76g Carbs, 38g Protein, and 26 Freestyle Points.

Lightened-up health snapshot per serving – 660 Calories, 24g Fat, 75g Carbs, and 19 Freestyle Points, by using half the Scallion Aioli.

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

INGREDIENTS: Steak, Fingerling Potatoes, French Roll, Mayonnaise, Cajun Seasoning, Brown Sugar, Apple Cider Vinegar, Red Cabbage, Green Cabbage, Green Onion, Arugula, Carrot, Sugar, White Vinegar, Lemon, Kosher Salt.

 **meez** *meals*

1. Get Organized

Preheat the oven to 425 degrees. Combine 2 Tbsp of the **Cajun Seasoning** (the dark brown dry spice blend) with 4 Tbsp of the **Scallion Aioli** sauce in a small bowl and mix well.

2. Make the Cajun Fries

Slice each **Fingerling Potato** lengthwise into quarters so you have four French fry shaped wedges. Transfer the sliced fingerlings to a large mixing bowl and add half the seasoning/aioli mixture you created in step 1. Sprinkle with salt and pepper and toss until the potatoes are well coated. Arrange the coated fingerlings on one half of a baking sheet and bake until crispy, about 20 to 25 minutes.

3. Cook the Steak

While the Cajun fries are roasting, spread the remainder of the Cajun seasoning (the dry spices only) evenly on a plate. Pat dry the **Steaks** with a paper towel and press one side into the seasoning until well-coated. Flip and coat the other side. Let sit for 3 to 4 minutes to let the seasoning sink in, then repeat the dipping process for both sides. Heat 2 Tbsp olive oil in a large oven-safe skillet over high heat. When the oil is very hot, add the steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and cook the other side till it darkens about 45 additional seconds.

Transfer the skillet to the oven and cook for an additional 4 minutes for medium-rare (5-6 min. medium, 7-8 min. well done). Transfer to a cutting board to rest for 5 minutes. After resting, slice into ½" strips.

4. Season and Toast the Rolls

When the Cajun fries have about 5 minutes left to cook, spread the remainder of the season/aioli mixture from step 1 on the bottom half of the hinged **French Rolls**. Remove the baking sheet from the oven and add the dressed French rolls to the other half of the baking sheet, cut side up. Return the baking sheet to the oven and cook until the bread is toasted and potatoes are crispy, about 3 to 4 additional minutes.

5. Put It All Together

Spread the remainder of the scallion aioli (the portion without the dry spices) on both the top and bottom halves of the rolls. Place the sliced steak inside the rolls and top with the **Cole Slaw**. Serve alongside the Cajun fries and enjoy!

Save the Cajun Seasoning for step 3 and Scallion Aioli for step 5.

You will use the other half of the season/aioli mixture in step 4.

The rub will blacken but watch closely so it doesn't burn.

Be careful the baking sheet will be very hot.

Instructions for two servings.

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

Deconstructed Chicken Kiev

We're bringing all the flavors of a chicken Kiev to a busy weeknight by skipping the fussy rolling and stuffing. With panko-crusted chicken breasts, chive butter and a roasted root vegetable pilaf, it's a perfect cozy dinner.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Egg (1)
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Root Vegetables
Chive Butter
Chicken Breast
Seasoned Panko
Five Grain Blend

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 – 790 Calories, 54g Protein, 27g Fat, and 17 Freestyle Points

Lightened-up health snapshot per serving – 640 Calories, 52g Protein, 20g Fat, and 11 Freestyle Points by using half of the seasoned panko and two-thirds of the butter.

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

INGREDIENTS: Chicken Breast, Carrots, Panko, Beets, Parsnips, 5 Grain Blend, Butter, Chive, Paprika, Garlic, Salt, White Pepper

meez *meals*

1. Roast the Vegetables

Preheat your oven to 425. Place the **Root Vegetables** in a single layer on a rimmed baking sheet. Lightly drizzle with olive oil, salt and pepper, toss well, then arrange in a single layer. Cook until they start to brown, about 15 to 18 minutes. Remove from the oven and add half the **Chive Butter** to the veggies still on the baking sheet. Mix until the butter melts and veggies are coated, then set aside until step 4.

2. Prepare the Chicken

While the root vegetables are roasting, pat dry and very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Using a meat tenderizer (mallet) or the bottom of a small pot, pound the thicker sections of the breast until each has doubled in size and reached uniform thickness, about ¼".

In a small bowl, beat one egg. Spread the **Seasoned Panko** evenly on a large plate. Dip each chicken breast completely into the egg. Then put each piece of chicken into the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused breading.

3. Cook the Chicken

Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the chicken and cook until the panko crust is golden brown, about 3 to 4 minutes. Flip and cook the other side until it is also brown, an additional 3 to 4 minutes. Remove from the skillet and immediately spread the remaining chive butter evenly on top of the breaded chicken breasts. Wipe out the skillet.

4. Cook Five Grain Blend

In the now-empty skillet, heat 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Five Grain Blend** and sauté until the grains start to pop, about 2 to 3 minutes. Turn off the heat and add the roasted root vegetables and the butter remaining on the baking sheet to the skillet. Mix well.

5. Put It All Together

Serve the five grain root vegetable pilaf topped with the chicken. Enjoy!

Instructions for two servings.

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

Vegetarian Bi Bim Bap

Fresh from your own kitchen, "Bee-Bim-Bop", which means "mix-mix rice" is a classic Korean dish. We have created a vegetarian version with tofu, jasmine rice, spinach, mushrooms, beets, and parsnips. Get ready for some fun!

40 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Small Skillet
(optional)
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

7 MEEZ CONTAINERS

Jasmine Rice
Tofu
Spinach
Mushrooms
Beets & Parsnips
Bibimbap Sauce
Gochujang

Make The Meal Your Own

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve on top the Bi Bim Bop with the vegetables.

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

Traditional Bibimbap is finished with a sunny-side-up egg with a runny yolk. This is a delicious part of the dish, but women who are pregnant and others may want to cook their eggs until the yolk is cooked.

Health snapshot per serving – 410 Calories, 14g Fat, 23g Protein, 51g Carbs, 12 Smart Points

Gluten Free? You received Sriracha sauce because the Gochujang contains wheat.

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



INGREDIENTS: Organic Tofu, Jasmine Rice, Mushroom, Spinach, Beets, Parsnips, Tamari, Mirin, Garlic, Ginger, Gochujang, Sesame Seed, Sesame Oil

meez meals

1. **Get Organized**

Bring water to a boil in a large saucepan. Preheat oven to 425.

2. **Cook the Rice**

Add the **Jasmine Rice** to the boiling water with a pinch of salt and boil uncovered until desired texture, about 12 to 15 minutes. Remove from heat, drain, return rice to pot and set aside.

3. **Cook Veggies and Mushrooms**

While the rice is cooking, arrange the **Beets and Parsnips** in a flat layer on a baking sheet. Also place the **Mushrooms** on the same baking sheet, keeping the mushrooms separate from the beets and parsnips. Drizzle all very lightly with olive oil & lightly salt. Bake for 5-6 minutes, stirring the veggies and the mushrooms half-way through (but not mixing them together). Cook for another 5- minutes until veggies are slightly brown and crispy.

4. **Cook the Tofu and Spinach**

After the veggies and mushrooms are done cooking, heat 1 Tbsp of oil in a skillet over medium high heat. When the skillet is very hot, add the **Tofu**. Cook for 2-3 minutes, remove the tofu from the pan, and set aside.

In the now empty skillet, add the **Spinach**, sauté for 1-2 minutes until wilted, and set aside.

5. **Arrange the Bibimbap Bowl**

In a medium sized bowl, place half the rice at the bottom and arrange half the beets and parsnips, mushrooms, spinach, and tofu clockwise around the bowl (leaving a space in the middle for the egg). Drizzle all the components with **Bibimbap Sauce** (thinner brown sauce) and repeat for each serving.

6. **Make the Egg and Enjoy!**

Crack one egg in the skillet over medium-high heat and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place in the center of the Bibimbap bowl. Repeat with one egg for each serving.

Serve the spicy **Gochujang** (thicker red sauce) on the side to use as desired.

*Use enough water
to cover rice
completely.*

*Keep the
mushrooms and
veggies separate
from each other.*

*Each family
member can mix
the delicious
Gochujang in to
their dish
depending on how
much they enjoy
spicy food.*

Instructions for two servings.

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

Tomato Basil Shrimp Scampi

Linguini and shrimp are a match made in Italian heaven, and we're serving them up this week with a buttery, garlicky basil sauce that's pure magic. Tossed with sautéed tomatoes, fresh arugula, and a lemon-oil drizzle, it's a speedy dinner that an Italian grandma would be proud to serve.

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

Butter (3 Tbsp)

6 MEEZ CONTAINERS

Linguine

Shrimp

Grape Tomatoes

Garlic, Onion & Herbs

Arugula

Lemon

Good To Know

If you ordered the **Carb Conscious version** we sent you zucchini noodles instead of the pasta, reducing the **carbs per serving to 18g**. 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 zucchini noodles and cook until they start to char, about 2 to 3 minutes. Set aside and wipe out the skillet. Use the zucchini noodles in place of the pasta in step 4.

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

Health snapshot per serving – 500 Calories, 11g Fat, 37g Protein, 66g Carbs, 11 Freestyle Points.

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

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



INGREDIENTS: Shrimp, Tomato, Arugula, Onion, Linguine, Garlic, Lemon, Basil, Tarragon.

meez meals

1. **Get Organized**

Bring a large Saucepan of water to boil over high heat.

2. **Cook the Pasta**

Add the **Linguine** to the boiling water with a pinch of salt and cook until al dente, about 7 to 9 minutes. Drain and set aside until step 4.

3. **Cook The Shrimp**

While the pasta is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat and 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.

4. **Cook the Veggies and Sauce**

Return the now-empty skillet to the stove over high heat and add the **Grape Tomatoes**. Cook until they start to blister, about 5 to 6 minutes. Reduce the heat to medium and add the **Garlic, Onion & Herbs**, 3 Tbsp of butter, and a generous sprinkle of salt and pepper.

Sauté until the onions soften, about 4 to 5 minutes. Add the **Arugula**, cooked shrimp, and linguine to the skillet and stir until arugula has wilted, about a minute. Transfer directly to serving bowls.

5. **Prepare the Lemon-Oil Drizzle and Serve**

While the tomatoes are cooking, cut the **Lemon** in half and squeeze as much juice as possible into a small bowl. Eyeball how much juice you produced, then add about twice as much olive oil to the same bowl and whisk thoroughly.

Drizzle the lemon-oil over the entire dish and enjoy!

Instructions for two servings.

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

Chive Beurre Blanc Salmon & Mushrooms

French white sauces have a reputation for being tricky, but the light, creamy Beurre Blanc is easier than you'd think. It's perfect with premium salmon, sautéed mushrooms and seared green beans.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Skillets
Small Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Mushrooms
Salmon
Green Beans & Leeks
Chive Butter
Beurre Blanc Sauce

Good to Know

Health snapshot per serving – 460 Calories, 28g Fat, 16g Carbs, 35g Protein and 10 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, Green Beans, Cream, Button Mushrooms, Cremini Mushrooms, Leeks, Butter, White Wine, Chives, Vegetable Stock, Dijon Mustard, Black Pepper

meez*meals*

1. Cook the Mushrooms

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Mushrooms** and cook, stirring occasionally, until they brown, about 7 to 8 minutes. Remove from the skillet and set aside in a small bowl. Do not wipe out the skillet. You'll use it in step 4 for the sauce.

2. Cook the Salmon

While the mushrooms are cooking, lightly sprinkle the **Salmon** with salt and pepper.

Heat 1 Tbsp olive oil in a second large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom is browned and each piece begins to color up the side, about 3 to 4 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Remove from the skillet and let rest for 5 minutes. Wipe out the skillet. You'll use it in step 3 for the green beans.

3. Cook the Green Beans & Leeks

While the salmon is resting, heat 1 Tbsp olive oil in the now-empty salmon skillet over medium-high heat. When the oil is hot, add the **Green Beans & Leeks** with a light sprinkle of salt and pepper. Cook until the green beans are bright green and just starting to char, about 5 to 6 minutes.

4. Create the Sauce

While the green beans are cooking, melt the **Chive Butter** in the now-empty mushroom skillet over medium heat. Add the **Beurre Blanc Sauce** and simmer, stirring frequently, until the sauce has thickened enough to coat the back of a spoon, about 3 to 4 minutes. Turn off the heat and stir in the cooked mushrooms.

5. Put It All Together

Serve the salmon topped with the mushrooms and Beurre Blanc sauce, and the green beans & leeks on the side. Enjoy!

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.

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Kale Slaw

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

3. Prep the Chicken

While the veggies are cooking, very loosely wrap each **Chicken Breast** in saran wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. Generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Spread the **Seasoned Panko Breading** evenly on a large plate and put each piece of chicken onto the breading. Press down to make sure the breading adheres then repeat on the other side.

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

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

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

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

4. Cook the Chicken

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

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

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

5. Put It All Together

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

Instructions for two servings.

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

Truffle Mac-n-Cheese

There's no confusing this mac-n-cheese with the stuff in a box. We are combining gruyere and white cheddar with mushrooms, brussels, shell pasta and REAL truffle butter to create a dinner that's rich, sophisticated, and out of this world good.

45 Minutes to the Table

25 Minutes Hands On

1 Whisk Super-Easy

Getting Organized

EQUIPMENT

Large Saucepans
Casserole Dish
Mixing Bowl

FROM YOUR PANTRY

Flour (1/2 Tbsp per svg.)
Butter (1/2 Tbsp per svg.)
Olive Oil
Salt and Pepper

6 MEEZ CONTAINERS

Shell Pasta
Mushrooms
Brussels Sprouts
Cream Sauce
Cheese & Breadcrumbs
Truffle Butter

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the mac n cheese before it bakes 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 – 980 Calories, 39g Protein, 63g Fat, 69g Carbs.

Lightened Up Health snapshot per serving – 610 Calories, 42g Fat, 41g Carbs, using all the veggies and half of everything else.

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



INGREDIENTS: Shell Pasta, Brussel Sprouts, Mushrooms, Half & Half, Gruyere, White Cheddar, Panko Breadcrumbs, Vegetable Stock, Salted Butter, Black Truffle Pate, Black Pepper, Paprika, Garlic, Onion Powder.

meez meals

1. Getting Organized

Preheat oven to 375 degrees. Bring a large saucepan of water to boil with a pinch of salt. Spray or lightly brush a casserole dish with oil.

2. Cook the Shell Pasta

Add the **Shell Pasta** to the boiling water and cook until slightly firmer than al dente, about 7 to 8 minutes (it will finish cooking in step 5). Drain and set aside in the colander until step 4.

3. Sauté the Mushrooms and Brussels

Return the now-empty saucepan to the stove, with 1 Tbsp olive oil, over medium high heat. Add the **Mushrooms** and two-thirds of the **Brussels Sprouts** and cook until the mushrooms have softened and the Brussels are bright green, about 4 minutes.

4. Create the Cheese Sauce

Add 1 Tbsp plain butter (not the Truffle Butter we sent you) to the pan. Mix to coat the vegetables. Add 1 Tbsp flour and mix until the vegetables are coated in flour. Cook until the flour starts to brown, about 2 minutes. Add the **Cream Sauce** and bring to a boil, stirring continuously. Continue stirring and cook until the sauce thickens, about an additional 3 minutes. Turn off the heat. Add half the **Cheese & Breadcrumbs** and stir until cheese melts and there are no clumps. Add the cooked shells and mix well.

5. Bake the Dish

Pour the entire contents of the saucepan into the oiled casserole dish. Combine the remaining cheese & breadcrumbs and remaining uncooked brussels in a mixing bowl. Spread in a single layer, edge-to-edge on top of the mac-n-cheese. Bake until the sauce is bubbly and the breadcrumbs are golden brown, about 12 to 15 minutes.

6. Top with the Truffle Butter

Remove the casserole dish from the oven and immediately top with small dollops of the **Truffle Butter**. Let the dish rest for at least 5 minutes. Enjoy!

*It doesn't
matter how
much water you
use as long as it
will comfortably
cover the shells.*

Instructions for two servings.

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

Asian Angus Beef Burger

Big, messy and crazy delicious. Thai peanut sauce, Asian Slaw and a Bok Choy omelet bring an Asian flair to this burger that we can't get enough of. With a bok choy salad, it's a dinner the whole family will love.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Large Mixing Bowl
- 2 Small Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Eggs (1 per serving)

6 MEEZ CONTAINERS

- Bok Choy & Green Onions
- Ginger-Soy Aioli Sauce
- Asian Slaw
- Angus Beef Burger
- Bun
- Peanut Sauce

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the bun, reducing the **carbs per serving to 34g**. Toss the lettuce and Asian Slaw with the Ginger-Soy Aioli Sauce and top with the burger. Spread the peanut sauce on the burger and finish with the omelet on top to enjoy as a salad.

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

Health snapshot per serving – 1130 Calories, 485g Protein, 80g Fat, 52g Carbs, 34 Freestyle Points

Lightened-Up Health snapshot per serving – 740 Calories, 58g Fat, 18g Carbs, 22 Freestyle Points by skipping the bun and egg and using half the peanut sauce and half the aioli sauce. Make a salad by combining the slaw with the bok choy and aioli sauce, placing the burger on top and drizzling with the peanut 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: Angus Beef Burger, Bun, Bok Choy, Radish, Broccoli, Carrots, Green Onion, Peanut Butter, Mayonnaise, Tamari, Garlic, Ginger, Rice Wine Vinegar, Brown Sugar, Cayenne Pepper, Sesame Oil.

meez meals

1. Make the Bok Choy Salad and Asian Slaw

Put two-thirds of the **Bok Choy & Onions** in a mixing bowl with half the **Ginger-Soy Aioli** and mix well. Refrigerate until you're ready to eat. Mix the **Asian Slaw** (the component with the long thin pieces of carrot) and the remaining Ginger-Soy Aioli in a bowl until the veggies are well coated and set aside for step 5.

2. Create a Bok Choy Omelet

Heat 1 Tbsp olive oil in a large skillet over medium-high heat and scramble 2 eggs in a small bowl. When the oil is hot, add the remaining Bok Choy & Onions and sauté until the bok choy softens, about 3 to 4 minutes. Spread the veggies evenly in the pan and pour in the eggs. As the egg sets in the center, gently push it to the edges of the pan with a spatula, ensuring the uncooked eggs that remain get to the bottom of the pan to set. Once the egg has set, use the spatula to cut in half. Cook until the bottoms starts to brown slightly, about one minute, then flip each half. Cook until the other sides starts to brown slightly as well, about another minute. Remove from the skillet and set aside. Wipe out the pan.

3. Cook the Angus Beef Burger

Return the now empty skillet to the stove over high heat. When the pan is hot, cook the **Angus Beef Burger** until the bottom and sides are brown, about 3 minutes. Flip and continue cooking for 2 minutes if you prefer your burger **medium rare**. (Cook for 3 minutes for **medium**, and 4 to 5 for **well done**). Set aside to rest for 5 min. Wipe out the pan.

4. Toast the Bun

While the burger is resting, return the now empty skillet to the stove over medium heat. Lightly brush the inside of each half of the **Bun** with olive oil and toast in the skillet, oiled side down, until golden brown, Repeat for each roll.

5. Build the Burger

Spread a generous helping of **Peanut Sauce** on the bun bottom and place the burger on top. Layer an additional spread of Peanut Sauce directly on the burger. Next place the omelet on top, followed by the Asian slaw and finally the bun top. Enjoy with the Bok Choy Salad on the side!

If you have a meat thermometer, use it to achieve desired doneness for the burger.

Medium Rare: 125

Medium: 135

Medium-Well: 145

Well Done: 160

Instructions for two servings.

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

Chicken Pot Pie

This classic pot pie combines our natural chicken breast, lots of vegetables and a light cream sauce and topped with a flaky golden crust. Its just the kind of cozy comfort food you expect from Meez!

50 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Loaf Pan or Casserole
Dish

FROM YOUR PANTRY

Olive Oil or Butter (2
Tbsp)
Flour (1½ Tbsp)
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Sweet Potatoes &
Parsnips
Onions & Corn
Cream Sauce
Pie Crust

Make The Meal Your Own

This is a great make-ahead dinner. You can cook the filling up to a day ahead. When you're ready to eat, just top with the pie dough and bake 20 to 25 minutes in a 400-degree oven.

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 or through intramuscular injection...ever.

Good To Know

Health snapshot per serving – 770 Calories, 67g Protein, 29g Fat, 60g Carbs, 17 Freestyle Points.

Lightened up snapshot – 680 Calories, 18g Fat and 17 Smart points using two-thirds of the crust and two-thirds of the cooked sauce.

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

INGREDIENTS: Chicken Breast, Pie Crust, Sweet Potatoes, Corn, Onion, Parsnips, Carrot, White Wine, Cream, Chicken Stock, Garlic, Miso, Savory, Oregano, Thyme, White Pepper.

meez *meals*

1. Getting Organized

Preheat your oven to 400.

2. Prep the Chicken

Pat dry and generously sprinkle **Chicken Breast** 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 a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the chicken to the pan and cook for 1 minute, until it is just slightly crisp and brown. Turn the chicken over and cook for one more minute. Remove from heat and place on a cutting board. Cut the breast lengthwise into long strips, ½" wide. Rotate the strips 90 degrees and then cut across to create small, even cubes.

The chicken will not be fully cooked at this point but will finish cooking in step 4.

3. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet over medium-high heat. Add the **Sweet Potatoes & Parsnips** and cook until the sweet potatoes starts to brown, about 4 minutes, stirring constantly. Add the **Onions & Corn** and cook until onions start to turn translucent, about 4 to 5 minutes. Add 1½ Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

Add the **Cream Sauce** and stir, scraping the browned bits off the bottom of the pan. Add 1¼ cups water and bring the mixture to a boil. Let sauce boil until it thickens to the consistency of gravy, about 2 minutes. Reduce heat to low and simmer for 5 minutes.

Remove from heat and stir in the cubed chicken breast.

We include just enough pie crust to add flaky deliciousness, without all the calories of a traditional pot pie.

4. Bake the Pot Pie

Transfer the filling to a loaf pan (or, if you prefer, a casserole dish) and top with the **Pie Crust**. Bake until crust is golden brown and flaky, about 20 to 25 minutes. Let cool slightly before serving. Enjoy!

Instructions for two servings.

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

Butternut Squash Tacos with Ancho Crema

Taco night made easy. This gem is just ten minutes hands on and packed with flavor thanks to our Ancho Chile Crema. It's rich and smoky and turns roasted butternut squash and sweet potatoes into something truly magical. Topped with our pickled onions, it's a dinner we just love.

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Butternut Squash &
Sweet Potatoes
Corn Tortillas
Pickled Red Onion &
Jalapeño
Ancho Chile Crema
Cotija Cheese

Add Protein Cooking Instructions

Integrate into recipe: While the veggies are roasting in step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve in the tacos before the 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

Health snapshot per serving – 610 Calories, 14g Protein, 20g Fat, 99g Carbs, and 18 Freestyle Points.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

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



INGREDIENTS: Sweet Potato, Butternut Squash, Corn Tortilla, Red Onion, Apple Cider Vinegar, Cotija Cheese, Green Cabbage, Sugar, Celery, Mayonnaise, Ancho Chili, Cilantro, Lime, Garlic, Salt, Cumin, Coriander

meez meals

1. **Get Organized**

Preheat the oven to 425.

2. **Roast the Veggies**

Add the **Butternut Squash & Sweet Potatoes** to a baking sheet and toss with olive oil salt and pepper. Arrange in a single layer and roast until the veggies start to brown and become crisp, about 18 to 20 minutes. Remove from the oven and transfer the veggies to a bowl.

3. **Warm the Tortillas**

Place the **Corn Tortillas** in a single layer on the now-empty baking sheet and warm in the oven for about 2 minutes.

4. **Put It All Together**

Drain the excess liquid from the **Pickled Red Onion & Jalapeño**.

Arrange the roasted veggies on each warmed tortilla and drizzle with the **Ancho Chile Crema**. Add the drained pickled veggies and finish with the **Cotija Cheese**. Enjoy!!

Instructions for two servings.

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

Tuscan Cabbage and Kale Soup

Cold weather calls for soup, and this Italian classic is one of our favorites. With white beans, fresh kale and cabbage cooked up in a rich tomato broth. Served up with a sprinkling of Pecorino Romano, it's cooked from scratch in less than thirty minutes.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
with a cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Mirepoix
Broth Starter
Beans & Tomatoes
Cabbage & Kale
Pecorino Romano

Add Protein Cooking Instructions

Integrate into recipe: While the broth is simmering in step 2, cook the protein (per instructions below) and then shred (*flake the salmon, leave shrimp whole*) and stir into the soup in step 3.

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

Good to Know

Health snapshot per serving – 150 Calories, 8g Protein, 28g Carbs, 1g Fat, 1 Freestyle Point.

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: Cabbage, Kale, Great Northern Beans, Tomatoes, Onions, Celery, Carrots, Pecorino Romano
Garlic, Vegetable Stock, Miso, Black Pepper, Thyme, Liquid Smoke.

meez meals

1. Cook the Mirepoix

Heat 1 Tbsp olive oil to a large saucepan over medium-high heat. When the oil is hot add the **Mirepoix** (onions, celery, carrots & garlic) to the saucepan and cook, stirring continuously, until the onions start to brown, about 2 minutes.

2. Make the Broth

Stir in the **Broth Starter, Beans & Tomatoes**, and 2 cups of water, cover, and bring to a boil. Once the soup is boiling, reduce heat to medium and let simmer, covered for 8 minutes.

3. Cook the Cabbage & Kale

Add the **Cabbage & Kale** and cook until it softens but the kale still maintains its green color, about 3 minutes.

4. Serve and Enjoy

Ladle the soup into bowls and top with the **Pecorino Romano**. Enjoy!

Instructions for two servings.

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