

Spicy Szechuan Green Bean and Tofu

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Heat 1 Tbsp of olive oil in a large skillet.

From Your Pantry

You'll need olive oil, salt and pepper.

Parmesan Lemon-Chai Rigatoni with Broccoli

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 400 and put water on to boil.

Omnivore Option

Sausage tastes great with this recipe.

From your Pantry

Olive oil, salt & pepper; sugar & cayenne optional.

Quick Tips



Chicago Italian Beef

15 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil, salt and pepper.

Getting Started

Preheat oven to broil.

Meal Tip

Add a few hot peppers to the giardiniera for a kick.

Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes

30 Min
to Table

30 Min
Hands
On

1 Whisk
Easy

Getting Started

Preheat your oven to 425.

From Your Pantry

You'll need olive oil, salt and pepper

Tex-Mex Gnocchi Bake

40 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.

Meal Tip

If you prefer softer gnocchi, just boil them for 6 to 8 minutes.

Apple-Spiced Maple Salmon with Acorn Squash

30 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 400.

From Your Pantry

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

Dijon Crusted Salmon with Miso Brussels Sprouts

30 Min
to Table

10 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat oven to 400.

From Your Pantry

You'll need olive oil,
salt & pepper

Triple Pepper Pizza

40 Min
to Table

30 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to
450.

From Your Pantry

You'll need olive oil,
salt and pepper

Ramen Chicken

45 Min
to Table

25 Min
Hands
On

2 Whisks
Easy

Getting Started

Bring a saucepan of
water to a boil

Meal Tip

Add Sriracha,
Gochujang, or
Jalapenos to spice it
up.

From Your Pantry

You'll need olive oil,
salt, pepper and one
egg per serving.

Carne Asada Tacos

25 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

From Your Pantry

You'll need olive oil,
salt and pepper

Getting Started

Marinate the steak,
see recipe card for
full instructions.

Leftovers Tip

Serve cold with
lettuce for a hearty
lunch!

New England Shrimp Roll

20 Min
to Table

20 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to
425.

From your Pantry

You'll need a little
cooking oil.

Meal Tip

Add a little Tabasco
for an extra kick.

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Apple-Spiced Maple Salmon with Acorn Squash	410	22	15	50	6	160	27	11	70% Vitamin C	20% Vitamin A
Spicy Szechuan Green Beans and Tofu	295	24	10	32	12	460	6	2	62% Vitamin C	66% Calcium
Pomegranate-Glazed Chicken with Cheesy Smashed Potatoes (Green	775	74	22	63 CC 32	3	752		18	73% Vitamin C	34% Calcium
(use 1/2 the potatoes, cheese and sour cream	605		15					12		
New England Shrimp Roll	615	36	16	79	4	1320	x	16	29% Vitamin A	14% Vitamin B6
Triple Pepper Pizza	610	32	30	54	5	1130	10	19	60% Calcium	200% Vitamin C
Ramen Chicken	695	80	14	63 CC 11	8	3315	2	10	10% Vitamin C	0.5% Vitamin A
(Use 2/3 noodles, and omit the egg)	545		8					7		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Carne Asada Tacos	611	43	21	68 CC 29	6	1225		18	71% Vitamin B-12	100% Vitamin A
Dijon Crusted Salmon with Miso Brussels Sprouts (use 1/3 panko, aioli & vinaigrette)	830	45	58	39	7	1520	9	19	93% Vitamin D	26% Iron
	650		42					13		
Tex-Mex Gnocchi Bake (½ the cheese, sauce and salsa)	870	31	26	133	12	3008	15	29	123% Vitamin C	84% Vitamin A
	656		14					21		
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	x	19	292% Vitamin C	67% Calcium
Chicago Italian Beef	570	30	100	60	4	1921		13	15% Vitamin A	85% Vitamin C
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A

Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.

And, of course, if you have leftovers, the actual numbers will be lower.

Apple-Spiced Maple Salmon with Acorn Squash

All the cozy flavors of fall find their way into this one-of-a-kind salmon dinner. A maple apple glaze with cinnamon and nutmeg brings sweet warmth, while crispy kale adds texture and balance. Finished with buttery acorn squash, toasted almonds, and graham cracker crumbs, it's comforting, unexpected, and full of seasonal flavor.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp)

5 MEEZ CONTAINERS

Kale
Acorn Squash
Maple Apple Glaze
Graham Crackers & Almonds
Salmon

Good to Know

Health snapshot per serving – 410 Calories, 15g Fat, 50g Carbs, 22g Protein, and 11 Freestyle Points.

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

INGREDIENTS: Salmon, Acorn Squash, Kale, Apple Cider, Graham Crackers, Maple Syrup, Brown Sugar, Almonds, Ginger, Apple Cider Vinegar, Cinnamon, Nutmeg, Cayenne Pepper.



1. Get Organized

Preheat the oven to 400.

2. Toast the Kale

Add the **Kale** to a baking sheet and drizzle with olive oil, salt and pepper. Toss and arrange in a single layer. Roast until brown and crispy, about 12 to 15 minutes.

3. Create the Squash and Graham Cracker Topping

While the kale is roasting, heat 1 Tbsp olive oil in a large skillet. When the oil is hot, add the **Acorn Squash** and cook, stirring occasionally, until it starts to brown, about 8 to 10 minutes. Add 1 Tbsp of the **Maple Apple Glaze** and 1 Tbsp of butter to the skillet and stir until butter is melted. Then add the **Graham Crackers & Almonds** and stir until the graham crackers turn golden brown and the squash is well coated, an additional 2 to 3 minutes. Remove from the skillet and set aside until step 5. Wipe out the skillet.

*You'll use
the rest of
the glaze in
step 4.*

4. Cook the Salmon

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Pat dry the **Salmon** with a paper towel. When the oil is hot, add the salmon and cook until the bottoms brown, about 3 to 4 minutes. Flip and add the remaining maple apple glaze to the skillet. Cook, spooning the glaze on top of the salmon continuously, until the sauce thickens and the salmon is cooked, an additional 3 to 4 minutes.

5. Put It All Together

Serve the salmon and any remaining glaze on top of the toasted kale and sprinkle with the squash and graham cracker topping. Enjoy!

Instructions for two servings.

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

Spicy Szechuan Green Beans and Tofu

A super fresh, super delicious stir fry that's on the table in just fifteen minutes. With seared tofu, charred green beans, zucchini, cabbage and mushrooms tossed in our Szechuan sauce, it's a magical dinner we just can't get enough of.

15 Minutes to the Table

15 Minutes Hands On

1 Whisks *Super Easy*

Getting

Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Olive Oil

Salt & Pepper

6 MEEZ

CONTAINERS

Tofu

Mushrooms

Zucchini &

Cabbage

Szechuan

Sauce

Green Beans

Green Onions

Add Protein Cooking Instructions

Integrate into recipe: cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole). Stir into the sauce and veggies at the end of Step 2.

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 – 295 Calories, 28g Protein, 32g Carbs, 10g Fat, 2 Freestyle Points.

SCAN QR CODE

to view

YouTube

cooking video



INGREDIENTS: Green Beans, Mushrooms, Tofu, Zucchini, Cabbage, Green Onions, Tamari, Rice Wine Vinegar, Tomato, Garlic, Ginger, Sambal, Crushed Red Pepper, Sesame Oil, Brown Sugar.

meez *meals*

1. Sear the Tofu

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Tofu** in a single layer and cook, undisturbed until crisp and golden brown, about 2 minutes. Flip and sear the other side until also crisp and golden brown, about 1 more minute. Remove the tofu from the pan and set aside. Do not wipe out the pan.

2. Cook the Veggies

Add the **Mushrooms** to the now-empty skillet over high heat and sauté until tender and all the liquid evaporates, about 3 minutes.

Add the **Zucchini & Cabbage** and stir continuously until they become slightly tender, about 1 minute.

Push the veggies to the outer edge of the skillet, making a well in the center and pour in the **Szechuan Sauce**. As soon as it starts to boil, add in the cooked tofu and mix until everything is coated in sauce. Transfer to the serving plates.

3. Char the Green Beans

Wipe out the now-empty skillet and return to the stove with 1 Tbsp olive oil over high heat. When the oil is very hot, add the Green Beans and stir to coat in the oil. Sprinkle with salt and pepper and arrange in a single layer in the pan. Cook, undisturbed until they start to blister, about 2 minutes. Stir the green beans and cook until they start to soften slightly, another 2 minutes.

When you see the oil steaming it is hot enough to char the green beans.

4. Put It All Together

Serve the charred green beans over the veggies and tofu and sprinkle with the **Green Onions**. 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 green beans 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
Green Beans
Chicken Breast
Pomegranate Glaze
Basil Oil

Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower instead of the potatoes reducing the **carbs per serving to 40g**. In Step 1, spread the cauliflower on a baking sheet and drizzle with olive oil salt and pepper. Bake until the cauliflower 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 – 770 Calories, 57g Protein, 33g Fat, 59g Carbs, and 21 Freestyle Points.

Lightened-Up Health snapshot per serving – 600 Calories, 22g Fat, 46g Carbs, and 15 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, Green Beans, Red Potatoes, Gouda, White Cheddar, Sour Cream, Chive, Pomegranate, Lime, White Wine, Dijon Mustard, Vegetable Oil, Basil, Black Pepper, Brown Sugar.

meez meals

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.

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

2. Cook the Green Beans

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 **Green Beans** and sprinkle lightly with salt and pepper. Cook, stirring occasionally, until they start 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 green beans.

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 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 green beans on the side. Enjoy!

Instructions for two servings.

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

Triple Pepper Pizza

We're turning up the flavor with three kinds of peppers in this vibrant flatbread pizza. Roasted red pepper cream sauce adds a smooth, savory base, while roasted and pickled peppers bring sweetness and tang in every bite. With melty cheese and a hearty topping of greens, it's colorful, satisfying, and full of texture.

40 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Baking Sheets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Leeks & Kale

Yellow Bell Peppers

Flatbreads

Roasted Red Pepper
Sauce

Smoked Gouda &
Provolone

Pickled Peppers

Good to Know

Health snapshot per serving – 610 Calories, 30g Fat, 54g Carbs, 32g Protein, and 19 Freestyle Points.

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

Add Protein 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 add to the pizza when you add the leeks & kale 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.

INGREDIENTS: Flatbread, Roasted Red Peppers, Yellow Bell Pepper, Smoked Gouda, Provolone, Leeks, Greer Onion, Kale, Red Bell Pepper, Green Bell Pepper, Pecorino, Cream, Garlic, Basil, Oregano, Apple Cider Vinegar, Sugar, Kosher salt.

meez meals

1. Get Organized

Preheat the oven to 450.

2. Roast the Veggies

Add the **Leeks & Kale** to a baking sheet and toss with olive oil salt and pepper then arrange in a single layer on one half of the baking sheet. Add the **Yellow Bell Peppers** (only yellow peppers and no pickling liquid) to the baking sheet and toss with olive oil salt and pepper, then arrange on the other half in a single layer. Bake until the leeks start to crisp and the peppers start to soften, about 8 to 10 minutes. Remove from the oven and set aside the leeks & kale and yellow bell peppers separately.

You can use the same baking sheet used for the veggies to build your pizzas on, but be careful, it will be hot.

3. Assemble and Bake the Pizzas

Place the **Flatbreads** on a second baking sheet and spread the **Roasted Red Pepper Sauce** over each dough leaving about ½" along the edges. Top with an even layer of the roasted yellow peppers followed by a layer of the **Smoked Gouda & Provolone** over the sauce. Bake for 10 minutes, then add the roasted leeks and kale on top of each pizza. Continue baking until the cheese is fully melted and leeks start to brown, an additional 10 to 12 minutes. Remove from the oven and let rest for about 3 minutes before cutting.

If you prefer a "party cut" (great for sharing), slice the pizza into small squares.

4. Put It All Together

Drain the **Pickled Peppers** (red, yellow and green with liquid) very well. Top each pizza with the pickled peppers and cut into quarters. Enjoy!

Instructions for two servings.

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

Carne Asada Tacos

Carne asada is all about the marinade, and ours is downright delicious if we do say so ourselves. With just the right blend of lime juice and adobo, it makes these steak tacos sing. Served up with seared peppers, onions, cilantro and plenty of queso fresco.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Mixing Bowl
Large Ziplock Bag (or
Lidded Container)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Carne Asada
Marinade
Steak
Green & Red Peppers
Tortillas
Onions & Cilantro
Queso Fresco

Good To Know

If you ordered the **Carb Conscious version**, we sent you romaine lettuce instead of the tortillas, reducing the **carbs per serving** to **27g**. Use in place of the tortillas to create a Carne Asada lettuce wrap.

Have a little extra time? Marinate the steak up to a day ahead for maximum flavor.

Health snapshot per serving – 610 Calories, 22g Fat, 47g Protein, 55g Carbs, 15 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: Steak, Flour Tortillas, Green Peppers, Red Peppers, Onions, Cilantro, Queso Fresco, Soy Sauce, Lime Juice, Cider Vinegar, Sugar, Black Pepper, Cumin, Chipotles in Adobo, Garlic, Olive Oil

meez meals

1. Marinate the Steak

Combine 1 Tbsp Olive Oil and the **Carne Asada Marinade** in a large ziplock bag (or container with a lid), seal, and shake well.

Using a fork, prick the **Steak** several times on both sides. Place it into the ziplock bag with the marinade and shake well, then set aside to marinate for at least 5 minutes.

2. Cook the Peppers

While the steak is marinating, heat 1 Tbsp olive oil over high heat in a large skillet. When the oil is hot, add the **Green & Red Peppers** and cook until slightly charred, about 4 to 5 minutes. Remove from the skillet and set aside until step 5. Wipe out the skillet.

3. Heat the Tortillas

Return the now-empty skillet to the stove over medium heat and warm the **Tortillas** until soft and pliable, about 30 seconds per side.

4. Cook the Steak

Heat 1 Tbsp olive oil in the now-empty skillet over high heat. When the oil is hot, add the marinated steaks and save the excess marinade in the ziplock bag to use in step 5.

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**). Set aside to rest for 5 minutes. After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces). Do not wipe out the skillet.

5. Put It All Together

While the steaks are resting, return the now-empty skillet to stove over medium-high heat. Add the saved marinade from step 4 and bring to a boil. Reduce the heat to medium-low and simmer until it thickens slightly, about 2 to 3 minutes. Serve the tortillas filled with sliced steak, peppers, **Onions & Cilantro**, **Queso Fresco** and lightly drizzle with the Carne Asada Marinade. 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

Integrate into recipe: Before Step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) then serve with the broccoli and sauce 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 med-rare and 5-6 min for well done.) Let rest for 5 minutes.

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

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

Good To Know

If you're making the **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 Carbs 26g 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.

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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

Tex-Mex Gnocchi Bake

Yep, you read the name right. We're putting two flavors together in one crazy cross-cultural gem that's sure to please everyone in your family. Toasted gnocchi is a perfect partner for black beans, sweet corn and poblano peppers. Topped with Chihuahua & Monterey Jack cheese and cooked until melty and delicious. Heaven.

40 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet or Dutch
Oven
Baking Sheet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn, Bean &
Tomato Salsa
Tex-Mex Sauce
Mexican Cheese
Gnocchi
Poblano Peppers

Add Protein Cooking Instructions

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 alongside the gnocchi 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 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 – 870 Calories, 31g Protein, 26g Fat, 29 Smart Points.

Lighten Up snapshot per serving – 655 Calories, 20g Protein, 14g Fat, 21 Smart Points using ½ the cheese, sauce, and salsa.

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INGREDIENTS: Gnocchi, Tomatoes, Poblano Peppers, Corn, Black Beans, Chihuahua Cheese, Monterey Jack Cheese, Cilantro, Cumin Coriander, Oregano, Chipotles in Adobo.

meez meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Toast the Gnocchi

Place the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake until golden brown, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until step 4.

3. Cook the Vegetables

While the gnocchi is cooking, heat 2 Tbsp olive oil in a large oven-safe skillet (or Dutch Oven) over medium-high heat. Once the oil is hot, add the **Poblano Peppers** and cook until the edges are brown, about 6 to 8 minutes. Add the **Corn, Bean & Tomato Salsa** and the **Tex-Mex Sauce** and cook until the sauce starts to bubble, and salsa is warm, about one minute, then turn off the heat.

4. Finish the Bake

Stir in half the **Mexican Cheese** and add the toasted gnocchi when it comes out of the oven. (It is OK to let the dish sit if the gnocchi isn't ready yet.)

Mix well, then top with the remaining cheese. Bake until the cheese is melted and starts to brown, about 7 to 9 minutes.

Serve and enjoy!

Instructions for two servings.

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

Ramen Chicken

Forget that instant ramen soup you survived on in college. This is Japan's classic soup cooked up the way it was intended: flavorful broth, tender bok choy, juicy bites of chicken and of course plenty of noodles. We're not sure if it's our broth, the fresh cilantro finish, or the authentic egg ribbons that make this dish magic, but whatever it is, it's a recipe you don't want to miss.

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Large Saucepans
- Small Bowl
- Medium Bowl

FROM YOUR PANTRY

- Salt & Pepper
- 1 Egg Per Serving

6 MEEZ CONTAINERS

- Chicken Broth Starter
- Chicken
- Bok Choy
- Tamari Marinade
- Ramen Noodles
- Green Onions, Cilantro
- & Sesame Seeds

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you zucchini noodles instead of the ramen noodles, reducing the **carbs per serving to 11g**. Add the zucchini noodles at the beginning of Step 4, prior to stirring in the egg.

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 – 695 Calories, 80g Protein, 14g Fat, 10 Freestyle Points.

Lighten Up snap shot per serving – 545 Calories, 71g Protein, 8g Fat, 7 Freestyle Points using two-thirds of the noodles and not including the eggs.

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, Ramen Noodles, Bok Choy, Tamari, Chicken Base, Garlic, Ginger, Miso, Green Onions, Cilantro, Sesame Seeds

meez meals

1. Cook the Noodles and Create the Chicken Broth

Bring the **Chicken Broth Starter** (the one that is the color of chicken soup) and 3½ cups water to a boil in a large saucepan. Add the **Chicken**, cover, and turn to medium-high. Cook on a low boil for 20 minutes.

In a second large saucepan, bring 5 cups of water to a boil. Add the **Ramen Noodles** and cook for 3 minutes. Drain the noodles and place in 2 soup bowls.

2. Prep the Bok Choy, Marinade, and Eggs

Place one **Bok Choy** bulb flat onto cutting board, remove the bottom end, and cut remainder into thirds crosswise – repeat for each bulb.

Place the **Tamari Marinade** (the thin brown sauce) in a medium mixing bowl.

Crack 2 eggs into a separate small bowl. Whisk the eggs thoroughly.

Set both bowls aside.

3. Finish the Chicken and Add the Bok Choy

After 20 minutes, remove the chicken and place on a cutting board. Hold the chicken in place with one fork and with a second fork, shred the chicken (into pieces typical of the size used in chicken soup). Repeat for each breast. Place chicken into tamari marinade & stir for just long enough to ensure marinade had covered the chicken.

Using a fork, add the shredded chicken only (NOT the remaining marinade) into the broth.

Add the bok choy to the broth, cover, and cook for an additional 3 minutes on a low boil.

4. “Drop” the Egg and Serve

Stir soup vigorously to create a whirlpool. Pour the eggs through the tines of a fork into the swirling soup to form little ribbons. Allow 10 seconds for egg to set then break up egg ribbons with a with spoon.

Ladle soup on top of noodles and finish with **Green Onions, Cilantro & Sesame Seeds**. Enjoy!

It is very important the broth is covered while cooking so it doesn't all evaporate.

Bok Choy is a delicate green and wouldn't hold up if we cut it in advance in the Meez Kitchen.

Try cutting the breasts lengthwise and shredding each half separately.

Instructions for two servings.

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

- New England Shrimp Roll

Inspired by the classic Maine lobster roll, then served up Meez style. It starts with sautéed shrimp tossed New England style with lemony mayonnaise. Add in a toasted roll, roasted red potato fries, and pickled veggies, and you've got something special.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Shrimp

Roll

Lemony Mayo

Red Potatoes

Pickled Veggies

Dill & Chive

Make the Meal Your Own

If you like spicy food, add a little Tabasco or hot sauce to the creamy dressing for an extra kick.

Good to Know

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

Health snapshot per serving – 615 Calories, 36g Protein, 16g Fat, 16 Smart 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: Roll, Shrimp, Red Potatoes, Zucchini, Squash, Mayonnaise, Green Onion, Chives, Dill, Celery, Sriracha, Lemon, Garlic, Black Pepper

meez meals

1. Cook the Red Potato Fries

Preheat your oven to 425

Slice each **Red Potato** in half the long way, then slice each half again so you have four skinny fries per potato. Transfer them to a large mixing bowl, drizzle with olive oil, salt and pepper and toss. Arrange the coated fries on a baking sheet in a single layer. Roast until the outside of the potato is golden and slightly crispy, about 20 minutes.

2. Cook the Shrimp

After the potatoes have been baking for about 10 minutes, dry and lightly salt & pepper the **Shrimp**. Heat 1 Tbsp olive oil in a skillet over medium-high heat. Cook for a minute on each side until they are opaque and no longer grey in color. Place in the now-empty mixing bowl and set aside.

3. Prepare Your Rolls

Brush olive oil on both flat sides of each **Roll** and place in the now-empty skillet over medium-high heat. Grill bread until golden brown on one side, about 20 to 30 seconds using a small sauté pan to gently push down on the top of the bread while it's cooking. Flip and grill the other side until also golden brown using same process.

Remove from heat and place the rolls standing up on a plate (round top should be facing up and toasted sides should be facing out).

Carefully slice half way down into the bread from the front to the back creating a slit on the top. This will be the pocket for the shrimp to go into.

4. Put It All Together

Add the **Lemony Mayo** to the bowl with the cooked shrimp and toss. Using a spoon, fill the roll with the shrimp and lemony mayo mix (pressing down a bit to keep the shrimp in place). Generously top with the **Dill & Chive** mix. Serve roll alongside the **Pickled Veggies** and roasted red potato fries and enjoy!

Brush the olive oil for grilling the bread on the flat sides of the roll and not the round top or bottom.

Be sure not to slice the roll in half. You only want to go about half way down into the bread to create the opening for the filling.

Instructions for two servings.

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

Chicago Italian Beef

We thought it was impossible to improve on the classic Chicago Italian Beef until the team in the test kitchen had us try this sandwich. We're not sure if it's our special "Giardiniera Au Jus" sauce, the blend of provolone and gouda melted cheese, using peppers and onions, or the addition of mixed veggies, but the result is pure magic.

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Peppers & Onions
Kale & Mixed Veggies
Italian Beef
Italian Roll
Giardiniera Au Jus
Provolone & Gouda

Good to Know

Prefer spicy? Our giardiniera is mild, so add a few hot peppers if you like a spicier sandwich.

Health snapshot per serving – 570 Calories, 31g Protein, 99g Fat, 59g Carbs, 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



15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

INGREDIENTS: Italian Beef, Italian Roll, Bell Peppers, Red Onion, Giardiniera, Au Jus, Kale, Broccoli, Brussel Sprout, Cabbage, Radicchio, Provolone, Gouda.

meez *meals*

1. Getting Started

Preheat oven to broil setting.

2. Cook The Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Peppers & Onions** and sauté until they start to char, about 4 minutes. Stir in the **Kale & Mixed Veggies** and cook until the kale starts to wilt, about 2 minutes.

The beef is pre-cooked so you're just heating it in this step.

3. Heat the Italian Beef

Add the entire contents of the **Italian Beef** package (including the liquid), to the skillet with the veggies and stir all together until the beef is warm, about 2 minutes. Turn off the heat.

4. Build the Sandwich

Place the **Italian Rolls** face up on a baking sheet. Spread a generous helping of the **Giardiniera Au Jus** on both halves of the bread, then use tongs to transfer the Italian Beef and vegetables on top of the bread making sure to cover the entire surface. If you prefer your sandwich juicier, pour some (or all) of the juice still in the skillet on top.

We like our Chicago Italian Beef "wet" with lots of juice!

Arrange the **Provolone & Gouda** on top of the beef and veggies in an even layer, doing your best to cover the entire surface.

5. Broil and Serve

Place the sandwich in the oven and broil until the cheese is bubbly and starts to brown, about 2 to 3 minutes. (This sandwich cooks fast so watch the sandwich the entire time to make sure it doesn't burn.)

It is important to watch the sandwich the entire time it is under the broiler, so it doesn't burn.

Serve topped with any remaining Giardiniera Au Jus and enjoy!

Instructions for two servings.

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

Dijon Crusted Salmon with Miso-Brussels Sprouts

Everything is better with a crispy coating, especially salmon. Served with miso-mustard glazed brussels, it's a tasty dinner that's just ten minutes hands on.

30 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Large Baking Sheets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

5 MEEZ CONTAINERS

Salmon

Dijon Aioli

Panko & Herbs

Brussels Sprouts

Miso Mustard

Vinaigrette

Good To Know

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

Health snapshot per serving – 830 Calories, 45g Protein, 58g Fat, 39g Carbs, 19 Freestyle Points

Lightened-Up Health snapshot per serving - 650 Calories, 42g Fat, 31g Carbs, 13 Freestyle Points using 1/3 of the panko, Dijon Aioli and Miso Mustard Vinaigrette.

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, Brussels Sprouts, Olive Oil, Mayonnaise, Panko, Green Onion, Rice Wine Vinegar, Dijon Mustard, Miso, Tamari, Lemon Juice, Garlic, Whole Grain Mustard, Black Pepper, Tarragon

meez meals

1. Get Organized

Preheat the oven to 400. Spray or brush two baking sheets with oil.

2. Prepare and Cook the Salmon

Spread the **Panko Breading** on a large plate.

Coat the top side of the **Salmon** with a thick layer of the **Dijon Aioli** (in a hard plastic tub) at least 1/4" thick. Put each piece of salmon onto the breading, Dijon aioli side down. Press down to make sure the breading adheres then repeat on the other, non-coated side. Place onto a baking sheet, panko side up.

Bake the salmon until the panko breading is golden brown, about 18 to 20 minutes, then remove from the oven and allow to rest for at least 5 minutes.

3. Roast the Brussels Sprouts

While the salmon is baking, arrange the **Brussels Sprouts** on the second prepared baking sheet. Drizzle with olive oil salt and pepper toss and arrange in a single layer. Bake until they are crispy and brown, about 20 minutes.

4. Putting It All Together

Serve the salmon with the brussels sprouts on the side. Drizzle the entire dish with the **Miso Mustard Vinaigrette** (in a bag and contains green onions.) Enjoy!