

### *Thai Red Curry Soup*

<b>25 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Easy
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#### **Getting Started**

Put a saucepan of water on to boil.

#### **Omnivore Option**

Shrimp is great with this.

### *Blackened Tilapia over Cornbread Crumbles*

<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **Getting Started**

Preheat your oven to 400.

#### **From Your Pantry**

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

## *Quick Tips*



### *Japanese Oyakodon Chicken & Egg Bowl*

<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **Getting Started**

Bring a medium saucepan to boil.

#### **From Your Pantry**

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

### *Gyros Mini Tacos*

<b>10 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **Getting Started**

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

#### **From Your Pantry**

You'll need a little bit of olive oil.

### *Ultimate Steak French Dip*

<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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#### **Getting Started**

Preheat the oven to 425.

#### **From Your Pantry**

You'll need olive oil, salt & pepper

### *Creamy Chicken Orzo*

**40 Min**  
to Table

**20 Min**  
Hands  
On

**2 Whisks**  
Super  
Easy

#### **Getting Started**

Put a saucepan of water onto boil.

#### **From Your Pantry**

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

### *Shrimp Tortilla Soup with Cheesy Nachos*

**30 Min**  
to Table

**15 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat your oven to 425.

#### **From Your Pantry**

You'll need olive oil, salt and pepper

### *Spinach Pancakes with Basil Corn Relish*

**40 Min**  
to Table

**40 Min**  
Hands  
On

**2 Whisks**  
Easy

#### **Getting Started**

Preheat your oven to 375 and heat your griddle or skillet.

#### **From Your Pantry**

You'll need milk, eggs and butter.

### *Polenta Lasagna with Zucchini and Herby Ricotta*

**35 Min**  
to Table

**25 Min**  
Hands  
On

**2 Whisks**  
Super  
Easy

#### **Getting Started**

Preheat your oven to 425.

#### **From Your Pantry**

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

### *Toasted Gnocchi with Maple-Chive Butternut Squash*

**30 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 & pepper

### *Red Chimichurri Salmon with Roasted Vegetables*

**35 Min**  
to Table

**25 Min**  
Hands  
On

**1 Whisk**  
Super  
Easy

#### **Getting Started**

Preheat your oven to 425.

#### **From Your Pantry**

You'll need 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)	
Red Chimichurri Salmon with Roasted Veggies	650	21	47	34	6	560	9	18	120% Vitmain A	60% Vitmain C
Ultimate Steak French Dip	840	58	36	75	9	2140	23	24	70% Vitamin A	60% Iron
(use 1/2 bread, aioli and coleslaw)	630		29					17		
Gyros Mini Tacos	665	55	21	59	9	991	8	17	63% Vitamin C	21% Vitamin A
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18					15		
Japanese Oyakodon Chicken & Egg Bowl	570	56	12	56 CC 17	5	1160	6	7	110% Vitamin A	25% Iron
Blackened Tilapia Over Cornbread Crumbles	550	50	17	52 CC 21	1	1380		9	27% Vitamin A	28% Calcium
Thai Red Curry Soup	485	19	19	64	8	1351	x	17	207% Vitamin C	123% Calcium
Creamy Chicken Orzo	798	75	34	54 CC 37	8	1562		20	120% Vitamin A	198% Vitamin C
(make 1/2 the sauce, use 1/2 the buter & flour)	630		18					11		

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Toasted Gnocchi with Maple-Chive Butternut Squash	650	14	32	83	12	300		22	118% Vitamin A	177% Vitamin C
Spinach Pancakes with Basil Corn Relish  (½ the citrus cream and ½ corn salsa)	690	29	42	57	7	1077		25	88% Vitamin C	75% Folate
	520		30					16		
Polenta Lasagna with Zucchini and Herby Ricotta	590	22	37	49	6	1910	13	20	90% Iron	45% Calcium
Shrimp Tortilla Soup with Cheesy Nachos  (use 2/3 of the chips and cheese)	730	47	36	59	9	2140	13	18	43% Calcium	35% Vitamin A
	600		27					14		
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

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A	8% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% 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.*

## Red Chimichurri Salmon with Roasted Veggies

This dinner takes inspiration from Peru, where red chimichurri is the tradition. Smoky, tangy, and a little spicy, it's the perfect partner for tender seared salmon. We're serving it over roasted sweet potatoes and blistered grape tomatoes with a drizzle of creamy cilantro aioli. Bold, vibrant, and bursting with fresh flavor.

**35** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet  
Baking Sheet

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Sweet Potatoes  
Grape Tomatoes  
Salmon  
Cilantro Aioli Sauce  
Red Chimichurri Sauce

### Good to Know

**Health snapshot per serving** – 650 Calories, 47g Fat, 34g Carbs, 21g Protein, and 18 Freestyle Points.

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

INGREDIENTS: Salmon, Sweet Potato, Tomato, Roasted Red Peppers, Dijon Mustard, Mayonnaise, Red Wine Vinegar, Cilantro, Lemon, Vegetable Oil, Parsley, Garlic, Jalapeño, Paprika, Kosher Salt, White Pepper, Crushed Red Pepper.

meez meals

### 1. Get Organized

Preheat the oven to 425.

### 2. Roast the Vegetables

Add the **Sweet Potatoes** and **Grape Tomatoes** to a baking sheet and drizzle with olive oil, salt, and pepper. Toss everything together and then arrange in a single layer. Cook until the sweet potatoes start to brown and the tomatoes burst and start to char, about 20 to 25 minutes. Transfer the vegetables to serving plate.

### 3. Cook the Salmon

When the vegetables have about 10 minutes of roasting time remaining, pat dry the **Salmon** and season each side with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom browns, about 4 minutes. Flip and cook until the other side is brown, about 3 additional minutes. Remove from the heat.

### 4. Put It All Together

Drizzle the light green **Cilantro Aioli** over the roasted vegetables. Place the cooked salmon on top and drizzle with the **Red Chimichurri Sauce**. Enjoy!

Instructions for two servings.

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

# Ultimate Steak French Dip

Don't think a French dip sandwich can get any better? One taste of our sandwich and we think you'll agree it's the ultimate. Tender sliced steak, melted provolone, seared red peppers, onions and other veggies, and an out-of-this-world Dijon sage aioli. Served with our signature tangy coleslaw, it's over-the-top delicious.

**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

### 7 MEEZ CONTAINERS

Steak  
French Roll  
Dijon Sage Aioli  
Provolone Cheese  
Red Peppers & Onions  
Beef Au Jus  
Coleslaw

## Good to Know

If you ordered the **Carb Conscious** version, you received cauliflower instead of the French Rolls reducing the **carbs per serving to 38g**. Prior to step 2, place the cauliflower on a baking sheet and toss with olive oil salt and pepper and arrange on a baking sheet. Roast until the cauliflower starts to, about 12 to 14 minutes. Use the cauliflower in place of the French Rolls in step 4. Drizzle the steak and cauliflower with a small amount of au jus alongside the coleslaw.

**Health snapshot per serving** – 840 Calories, 58g Protein, 36g Fat, 75g Carbs, 24 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 630 Calories, 29g Fat, 43g Carbs, 17 Freestyle Points by using half the bread (build open-faced) Dijon Sage Aioli and half the coleslaw.

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

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YouTube cooking video**



INGREDIENTS: Steak, Beef Au Jus, French Roll, Green Cabbage, Mayonnaise, Provolone, Kale, Bell Pepper, Yellow Onion, Red Onion, Broccoli, Brussels Sprouts, Radicchio, Chives, White Vinegar, Lemon, Sugar, Dijon, Horseradish, Sage

*meez* meals



### 1. Get Organized

Preheat the oven to 425 degrees.

### 2. Cook the steak

Heat 1 Tbsp olive oil in a large skillet over high heat. Pat the **Steak** dry with a paper towel and season generously with salt and pepper (we recommend ½ tsp of each). When the oil is hot, add the steaks. Cook until the bottoms brown & sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you like your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes. Wipe out the skillet.

Once the steaks have rested, place them horizontally on a cutting board. Cut the steaks into even strips (we aim for ½" x 1" pieces).

### 3. Dress and Toast the Sandwich

While the steaks are resting, open the **French Rolls** but leave them hinged. Spread the **Dijon Sage Aioli** edge-to-edge on the bottom half of each roll and sprinkle the **Provolone Cheese** in a single layer over that. Transfer the rolls to a baking sheet and toast, open-faced, until the cheese is melted and starts to brown, about 5 to 7 minutes. Remove the toasted rolls from the oven and arrange the sliced steak on top of the melted cheese.

### 4. Cook the Vegetables and Warm the Beef Au Jus

While the rolls are toasting heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Red Peppers & Onions** and cook until the peppers start to char and kale starts to wilt, about 4 minutes. Transfer the cooked vegetables on top of the sliced steak.

Add the **Beef Au Jus** to the now-empty skillet, turn the heat to high, and bring to a boil, then carefully transfer to small bowls for dipping.

### 5. Put It All Together

Serve the **Coleslaw** with the sandwich and au jus and enjoy!

Instructions for two servings.

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

## Gyros Mini Tacos

A classic Gyros with a Meez twist. Our Greek Sauce, served up over tomatoes and onions and gyros meat then served up in a mini-taco.

**10** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Large Skillet

#### FROM YOUR PANTRY

Olive Oil

#### 4 MEEZ CONTAINERS

Gyros Meat

Tortillas

Greek Sauce

Onions

### Good To Know

If you're a huge cucumber fan, slip some in. It's a great way to bulk these tacos up even more.

**Health snapshot per serving** – 665 Calories, 21g Fat, 55g Protein, 59g Carbs, 17 Freestyle Points

**Lightened-Up Health snapshot per serving** – 545 Calories, 18g Fat, 52g Protein, 41g Carbs, 15 Freestyle Points with two tortillas per serving 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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to view YouTube  
cooking video**



INGREDIENTS: Gyros meat, Tortillas, Onion, Tomato, Sour Cream, Cilantro, Lime, Pineapple, Garlic, Vinegar, Kosher Salt

meez *meals*

**1. Cook the Gyros Meat**

Heat 1½ Tbsp olive oil in a large skillet over medium high heat. Add the **Gyros Meat** and cook until edges are slightly crispy, 3 to 4 minutes. Remove from heat and set aside.

**2. Warm the Tortillas**

Wipe out the skillet used for the gyros meat and return to stove over medium heat. Place each **Tortilla** in the pan until warm and soft, about 15 to 25 seconds per side.

**3. Assemble the Gyros**

Fill the tortilla with the gyros meat and top with the **Onions** and **Greek Sauce**. Enjoy!

Instructions for two servings.

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

# Japanese Oyakodon Chicken & Egg Bowl

Oyakodon is a popular Japanese chicken and egg rice bowl dish. We're cooking our version with a scrumptious sweet and savory sauce, bok choy, carrots, red cabbage and green onions over a red and brown rice blend. It's fresh, satisfying, and on the table in 30 minutes.

**30** *Minutes to the Table*

**30** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Medium Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Eggs (1 per svg.)

### 5 MEEZ CONTAINERS

Red & Brown Rice  
Chicken Breast  
Bok Choy & Carrots  
Oyakodon Sauce  
Green Onions & Red  
Cabbage

## Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower and zucchini "rice" instead of the Red & Brown Rice, reducing the **carbs per serving to 17g**. Skip step 1 and 2. Prior to Step 4, add 1 Tbsp olive oil to the large skillet over high heat. When the oil is hot, add the cauliflower & zucchini "rice" and sauté until it starts to brown about 3 to 4 minutes. Remove from skillet and place on serving plates in place of the rice in Step 5.

**Health snapshot per serving** – 570 Calories, 12g Fat, 56g Carbs, 56g Protein and 7 Freestyle Points.

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

INGREDIENTS: Chicken Breast, Bok Choy, Carrot, Yellow Onion, Red Rice, Brown Rice, Red Cabbage, Tamari, Green Onion, Mirin, Ginger, Miso, Sesame Oil, Honey, Black Pepper

*meez* meals

## 1. Get Started

Bring a medium saucepan of water to a boil.

## 2. Cook the Rice

Add the **Red & Brown Rice** to the boiling water with a pinch of salt and cook at a rolling boil until the rice is tender, about 25 minutes. Drain well then return the rice to the saucepan. Cover and set aside until step 5.

## 3. Cook the Chicken

While the rice is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. Pat dry and generously salt and pepper the **Chicken Breasts** on both sides. Cook until crisp and brown, on one side, about 5 minutes. Flip, then cook until brown on the second side, about 4 to 5 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the skillet.

Once the chicken has rested, shred using a fork to hold the breast in place and another to shred into pieces typical of the size used in chicken soup.

## 4. Cook the Veggies

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Bok Choy & Carrots** and cook, stirring occasionally, until they are just starting to soften, about 2 to 3 minutes. Add the **Oyakodon Sauce** and bring to a boil. Cook until the veggies soften more, an additional 2 to 3 minutes. Stir in the shredded chicken.

Whisk 2 eggs in a bowl. When the Oyakodon sauce returns to a boil, slowly pour in the egg. Do not stir. Cook at a low boil until the eggs have settled and there is still some sauce remaining in the skillet, about 4 to 5 minutes.

## 5. Put it all Together

Serve the contents of the skillet (including any remaining sauce) over the rice and top with the **Green Onions & Red Cabbage**. Enjoy!

*You'll  
need  
enough  
water to  
cover  
while  
cooking.*

# Blackened Tilapia Over Cornbread Crumbles

With Cajun-spiced tilapia, toasted cornbread crumbles and a lemony summer squash salad, this gem is a sophisticated take on down-home New Orleans cooking.

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil

### 5 MEEZ CONTAINERS

Cornbread  
Lemon Aioli  
Zucchini & Summer  
Squash  
Cajun Seasoning  
Tilapia

## Good to Know

If you ordered the **Carb Conscious version**, we sent you yellow peppers instead of the cornbread, reducing the **carbs per serving to 21g**. In place of step 1., heat 1½ Tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the yellow peppers and sauté until they begin to char, about 2 to 3 minutes. Transfer directly to serving plates. Wipe out the pan and continue with step 2.

**Tilapia** is rich in minerals, proteins and vitamins which strengthen our bone health and reduce the risk of Osteoporosis. It boosts muscle growth in body and also helps in cellular repair and maintain proper metabolic activity.

**Health snapshot per serving** – 550 Calories, 50g Protein, 17g Fat, 52g Carbs, 9 Freestyle Points

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

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to view YouTube  
cooking video



**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisks** Super Easy

INGREDIENTS: Tilapia, Cornbread, Zucchini, Summer Squash, Celery, Green Onions, Mayonnaise, Sriracha, Lemon, Black Pepper, Cajun Spices, Brown Sugar.

meez *meals*

### 1. Toast the Cornbread

Heat conventional or toaster oven to 400 degrees. Toast the **Cornbread** on a baking sheet until warm and golden brown, about 4 to 5 minutes. Remove from the oven and when the cornbread has cooled a bit, crumble into little pieces on serving plates.

### 2. Create Salad

While the cornbread is toasting put the **Zucchini & Summer Squash** in a mixing bowl. Add all except about 1 Tbsp of **Lemon Aioli** and toss well, then refrigerate. Save the remaining aioli for step 4.

### 3. Sear the Tilapia

Spread the **Cajun Seasoning** on a plate. Pat the **Tilapia** dry and press into the Cajun Seasoning, so it is fully coated, then repeat for the other side and remaining pieces.

Heat 2 Tbsp of olive oil in a large skillet over medium high heat. When the oil is hot, add the tilapia and cook until the coating on the sides turn brown, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes.

### 4. Putting It All Together

Serve the squash salad over the cornbread crumbles and top with the tilapia. Drizzle the remaining lemon aioli to taste. Enjoy!

Instructions for two servings.

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

# Thai Red Curry Soup

This gem is a fresh take on the Thai classic. We're cooking up our version of red curry soup with glass noodles, carrots, red peppers, mushrooms and tofu in a red curry and coconut milk base. It's rich and flavorful, and practically hands-free, not to mention an all-time member favorite.

**25** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

2 Saucepans  
Large Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Mushrooms  
Red Peppers &  
Carrots  
Red Curry  
Tofu  
Ginger-Coconut  
Broth  
Glass Noodles

## 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 soup 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.

## Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you zucchini "noodles" instead of glass noodles, reducing the **carbs per serving to 30g**. Skip steps 1 & 2. Dry the zucchini with a towel, add 1 Tbsp oil to a large skillet. When the oil is hot, place the zucchini in a single layer and cook, without stirring, until the zucchini are slightly charred, 2 to 3 minutes. Transfer to serving bowls.

**Health snapshot per serving** – 485 Calories, 19g Protein, 19g Fat, 64g Carbs, 17 Smart Points

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Lemongrass, Garlic, Basil, Concentrated Vegetable Base, Ginger

meez *meals*



### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Soak the Glass Noodles

Put the **Glass Noodles** into a bowl and pour the boiling water over top. Let the noodles soak until they are soft, about 2 to 5 minutes. Drain and set aside.

*It's important to let the glass noodles soak. If you don't, they can get clumpy and hard to manage.*

### 3. Cook the Thai Vegetables

In a separate saucepan, heat 1 Tbsp olive oil over medium-high heat. Add the **Mushrooms** and **Thai Peppers & Carrots** and cook for 3 to 5 minutes. Add the **Red Curry** and cook until fragrant, about 1 minute. Add 1 ½ cups of water and bring to a boil. Reduce to a simmer and cook uncovered for 10 minutes.

*The red curry has a kick. We use all of it, but if you don't love spice, you should start with just a touch.*

### 4. Finish the Soup

Turn the heat back up to medium-high. Add the **Tofu** and **Ginger-Coconut Broth** to the vegetables and season with salt and pepper to taste. If you'd like a thinner soup, add more water. Cook until the vegetables are tender, about 2 to 5 minutes.

Put the noodles into each diner's bowl. Serve the soup over the noodles.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Creamy Chicken Orzo

Orzo has a magic all its own. That's what we're celebrating in this recipe. Smothered tender orzo pasta, sautéed broccoli, cremini mushrooms, and diced carrots and celery in a cream sauce that's out of this world. With shredded chicken, it's a perfect family dinner.

## Getting Organized

### EQUIPMENT

Large Saucepan  
Large Skillet

### FROM YOUR PANTRY

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

### 6 MEEZ CONTAINERS

Orzo Pasta  
Chicken Breast  
Broccoli  
Carrots & Parsnips  
Mushrooms  
Cream Sauce

## Good To Know

If you ordered the **Carb Conscious version** we sent you cauliflower "rice" instead of the orzo pasta **reducing the carbs per serving to 37g**. Skip steps 1 and 2. After step 3, heat 2 Tbsp olive oil in the now empty skillet over high heat. When the oil is hot, cook until the cauliflower starts to brown, about 3 to 4 minutes. Set aside until step 5.

If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions in step 2 but cook the rice for 15 to 20 minutes.

**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** – 795 Calories, 75g Protein, 34g Fat, 54g Carbs, and 20 Freestyle Points.

**Lightened Up Health snapshot per serving** – 630 Calories, 19g Fat, 48g Carbs, and 11 Freestyle Points using half the sauce, half the butter and half the flour.

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

**SCAN QR CODE  
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cooking video**



**40** Minutes to the Table

**40** Minutes Hands On

**2 Whisks** Easy

INGREDIENTS: Chicken Breast, Orzo, Broccoli, Mushrooms, Onion, Parsnip, Carrot, Celery, Parsley, Thyme, Basil, Miso, Cream, Chicken Stock.

*meez* meals

### 1. Get Organized

Put a large saucepan of water to boil.

### 2. Cook the Orzo Pasta

Add the **Orzo Pasta** with a pinch of salt to the boiling water. Cook until al dente, about 10 to 12 minutes. Remove from the heat, drain, and return the cooked orzo to saucepan. Cover and set aside.

### 3. Cook the Chicken

While the orzo is cooking, heat a large skillet with 1½ Tbsp of olive oil over medium-high heat. Pat dry and generously salt and pepper the **Chicken** on both sides and cook until crisp and brown, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the pan.

Once the chicken has rested, 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).

### 4. Cook the Vegetables and Make the Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Add the **Broccoli** and cook until it starts to brown and is nearly fork tender, about 7 to 8 minutes. Transfer the cooked broccoli to the saucepan with the cooked orzo and replace the cover. Do not wipe out the skillet.

Return the now-empty skillet to the stove over medium high heat and add the **Carrots & Parsnips** and **Mushrooms**. Sauté until the veggies start to char, about 2 to 3 minutes. Add 1 Tbsp butter and when melted, mix-in 1 Tbsp flour. Cook until the veggies are well covered in flour and it starts to turn brown, an additional 2 to 3 minutes.

Add the **Cream Sauce** and 2/3 cup of water and bring to a boil. Reduce the heat to medium and continue simmering until the sauce is thick enough to coat the back of a spoon, about 3 to 4 minutes. Remove from the heat.

### 5. Put It All Together

Add the cooked orzo, broccoli, and chicken to the skillet. Stir well and serve. Enjoy!

Instructions for two servings.

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

# Toasted Gnocchi with Maple-Chive Butternut Squash

We love the crispy outside-tender inside texture that gnocchi gets when it's baked. We're cooking it up this week with butternut squash, kale and a delectable maple-chive-butter that brings a touch of magic to this speedy dinner.

**30** 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

Gnocchi  
Kale  
Butternut Squash  
Maple Chive  
Butter  
Seasoned Onions  
Lemon

## Add Protein Cooking Instructions

**Integrate into recipe:** While the gnocchi and veggies are roasting, cook the protein (per instructions below) and serve alongside the gnocchi.

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

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

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

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

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

## Good to Know

**If you're making the gluten-free version**, we've given you gluten-free gnocchi.

**Health snapshot per serving** – 650 Calories, 14g Protein, 32g Fat, 83g Carb, 22 Freestyle Points.

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



INGREDIENTS: Gnocchi, Butternut Squash, Kale, Butter, Red Onion, Chive, Maple Syrup, Ginger, White Pepper, Lemon.

*meez* meals

### 1. Get Organized

Preheat your oven to 400 degrees.

### 2. Toast the Gnocchi

Arrange the **Gnocchi** on a baking sheet and toss with olive oil, salt and pepper. Bake until the gnocchi is slightly crunchy on the outside, about 16 to 18 minutes, stirring once after 10 minutes of cooking. Remove from the oven and set aside until Step 5.

### 3. Roast the Kale and Squash

Once the gnocchi is in the oven arrange the **Kale** and **Butternut Squash** side-by-side in a single layer on a second baking sheet. Drizzle with olive oil, salt and pepper, then bake until the kale is very crispy and the squash is starting to brown, about 14 to 16 minutes. Remove from the oven and toss together on the baking sheet, then transfer directly to serving bowls.

### 4. Melt the Butter

While the kale and squash are cooking, melt the **Maple Chive Butter** in a large skillet over medium low heat. Transfer to a small bowl and set aside until step 6. Do not wipe out the skillet.

### 5. Sauté the Seasoned Veggies

Return the now-empty skillet to the stove over medium heat and add 1 Tbsp olive oil. When the oil is hot, add the **Seasoned Onions** and cook until they start to turn translucent, about 2 to 3 minutes. Remove from the heat.

### 6. Putting it All together

Top the kale and squash with the toasted gnocchi and seasoned onions. Drizzle the melted maple chive butter over everything and add a squeeze of **Lemon** on top. Enjoy!

Instructions for two servings.

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

# Spinach Pancakes with Basil Corn Relish

We're mixing up savory pancakes with spinach and fontina, and then topping them with a citrus cream cheese spread that's pure magic. We top it all with a simple basil & corn relish, and the result is sophisticated comfort food at its best.

**40** *Minutes to the Table*

**40** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Baking Sheet  
Griddle or Skillet

### FROM YOUR PANTRY

Salt & Pepper  
Milk  
3 Eggs & Butter

### 5 MEEZ CONTAINERS

Basil Corn Relish  
Citrus Cream  
Cheese  
Fontina & Flour  
Onion & Garlic  
Spinach

## 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 serve on top of the citrus cream cheese before adding the basil corn relish 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** – 690 Calories, 29g Protein, 42g Fat, 25 Smart Points

**Lightened up snapshot** – 520 Calories, 25g Protein, 30g Fat and 16 Smart Points when you use half of the citrus cream cheese and corn salsa.

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



INGREDIENTS: Corn, Spinach, Flour, Onion, Fontina Cheese, Cream Cheese, Apple Cider Vinegar, Orange Juice, Olive Oil, Basil, Garlic, Baking Powder

*meez* meals

## 1. Getting Organized

Preheat your oven to 375 and heat your griddle or skillet.

## 2. Mix the Pancake Batter

Melt 2 Tbsp butter in the microwave or on the stove, then pour into a large mixing bowl. Drain all the water from the **Spinach** and add the spinach to the butter in the large bowl. Separate the whites from the yolks of 2 eggs, putting the yolks with the spinach and butter and the whites in a separate bowl. (Need help with this? Give us a call!)

Add the **Fontina & Flour, Onion & Garlic**, 1 tsp salt and  $\frac{3}{4}$  cup milk to the spinach mix and mix well. This should make a thick batter. If it's too stiff, add a little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

## 3. Cook the Pancakes

Melt 1 to 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter on to the griddle and cook the pancakes until golden, 2 to 3 minutes per side. Transfer the cooked pancakes to a baking sheet and bake until the pancakes bounce back when you touch the middle, about 7 to 10 minutes.

## 4. Put It All Together

Serve topped with the **Citrus Cream Cheese** and **Basil Corn Relish**. Enjoy!

*Chef Max's pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.*

*Don't have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different but they'll still be delicious.*

*Love this recipe?  
#meezmagic*

Instructions for two servings.

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

# Polenta Lasagna with Zucchini & Herby Ricotta

We're bringing two of Italy's favorites together in this cozy dinner. With creamy polenta in place of noodles, plenty of sautéed veggies, and a delicate marina, this dinner is a winner.

## Getting Organized

### EQUIPMENT

Large Skillet  
Medium Saucepan  
Casserole Dish

### FROM YOUR PANTRY

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

### 5 MEEZ CONTAINERS

Zucchini, Tomato &  
Onion  
Polenta  
Herby Ricotta Sauce  
Shredded Italian  
Cheeses  
Marinara Sauce

## Add Protein Cooking Instructions

**Integrate into recipe:** While the lasagna is in the oven in step 4 , cook the protein (per instructions below) and serve alongside the lasagna.

**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** – 590 Calories, 22g Protein, 37g Fat, 49g Carbs, 20 Freestyle 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*

**2 Whisk** *Easy*

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



INGREDIENTS: Tomato, Zucchini, Polenta, Cream, Yellow Onion, Yellow Pepper, Ricotta, Mozzarella, Provolone, Red Onion, Pecorino Romano, Basil, Parmesan, Kosher Salt, Olive Oil, Sugar, Tomato Paste, Oregano, Black Pepper, Fennel

*meez* meals



### 1. Getting Started

Preheat your oven to 425 degrees. Spray or lightly brush a large casserole dish with oil.

### 2. Sauté the Veggies

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Zucchini, Tomato & Onion** and cook until the zucchini starts to char, about 5 to 6 minutes. Remove from the heat and set aside.

### 3. Cook the Polenta

Add 1¾ cups water to a saucepan and bring to a boil. Slowly whisk the **Polenta** into the boiling water and continue whisking the mixture until there are no clumps, about 1 minute. Reduce the heat to medium and add 2 Tbsp butter and a sprinkle of salt & pepper. Stir until the butter melts and remove from the heat.

### 4. Bake the Lasagna

Spread half of the cooked polenta in an even layer on the bottom of your casserole dish. Spread half of the **Herby Ricotta Sauce** (the liquid sauce that is white) over the polenta, then all of the sautéed veggies. Top with the remaining polenta, remaining herby ricotta sauce, and finally the **Shredded Italian Cheeses**. Bake until the cheese starts to brown, about 15 minutes. Remove from the oven and let rest for at least 5 minutes.

### 5. Put it all Together

While the lasagna is baking, wipe out the now-empty saucepan and return to the stove over medium heat. Add the **Marinara Sauce** and cook until it begins to bubble, then lower the heat to low and simmer until the lasagna is ready to serve. Top the lasagna with a generous helping of marinara and enjoy!

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

*You may have  
heard polenta  
takes hours to  
cook. We're  
using a quick-  
cook version  
this week.*

Instructions for two servings.

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

# Shrimp Tortilla Soup with Cheesy Nachos

Tortilla soup is one of the fastest, most delicious Mexican dinners. We're serving our version with tender shrimp, white beans, and sour cream, then topping it with freshly baked cheesy nachos. The result is a fun and flavorful meal the whole family will love.

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Baking Sheet  
Large Saucepan or Dutch  
Oven

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Shrimp  
Beans, Corn & Onion  
Soup Broth  
Cheese & Sour Cream  
Tortilla Chips

## Good To Know

**Like it hot?** Add a pinch or two of crushed red pepper once it's cooked.

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

**Health snapshot per serving** – 730 Calories, 47g Protein, 36g Fat, 59g Carbs, 18 Freestyle Points

**Lightened up Health Snapshot per serving**- 600 Calories, 27g Fat, 51 Carbs 14 Freestyle Points, by using 2/3 of the chips and cheese

**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, Enchilada Sauce, Cream, Corn, Sour Cream, Tomato, Onion, Tortilla Strips, Chihuahua Cheese, White Cheddar, Green Onion, Great Northern Beans, Vegetable Broth, Cilantro, Tomato Paste, Lime Juice, Coriander, Cumin

**meez***meals*

### 1. Get Organized

Preheat the oven to 425.

### 2. Make the Soup

Heat 1 Tbsp of olive oil in a large saucepan over medium-high heat. When the oil is hot, add the **Beans, Corn & Onion** and cook until the onions are translucent and the vegetables have softened, about 4 minutes.

Add the **Soup Broth** (orange in color) and 1 cup of water and bring the mixture to a boil. Reduce heat to low and simmer, uncovered, until the broth thickens, about 15 minutes.

Once the broth has thickened, pat dry the **Shrimp** and cut into thirds. Add the cut shrimp to the broth and simmer for an additional 5 minutes. Stir in the remaining **Cheese & Sour Cream** (the portion not used for the nachos) then remove from the heat.

### 3. Create the Nacho Topper

When the broth is first simmering, arrange the **Tortilla Chips** into two equal sized circles on a rimmed baking sheet. Spread two-thirds of the cheese & sour cream over the top of the tortilla chips and bake until the cheese starts to turn brown and bubbly, about 10 to 12 minutes.

### 4. Put It All Together

Serve the soup with the nachos over top. Enjoy!

*You don't need to eat it right away just be sure to remove from the heat so the shrimp doesn't get overcooked.*

Instructions for two servings.

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