

*Chicken Scallopini
with Hazelnut Whipped Butter*

30 Min
to Table

30 Min
Hands
On

2 Whisks
Easy

Getting Started

Put a saucepan of water on to boil.

From Your Pantry

You'll need olive oil, salt and pepper

Vegetarian BLT Panini

20 Min
to Table

20 Min
Hands
On

2 Whisks
Easy

Getting Started

Heat the Tomato Jam in a medium saucepan.

From Your Pantry

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

Quick Tips



Thai Curry Risotto

45 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 400.

*Chile-Lime Salmon
with Street Corn Elote*

10 Min
to Table

25 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Preheat your oven to 375.

From Your Pantry

You'll need olive oil, salt and pepper.

*Lemon Orzo with
Spinach & Halloumi*

15 Min
to Table

15 Min
Hands
On

1 Whisk
Super
Easy

Getting Started

Put a saucepan of water onto boil.

From Your Pantry

You'll need olive oil, salt & pepper

Caper Tilapia with Parsley and Potatoes

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
From Your Pantry You will need 1 1/2 Tbsp butter per serving.		
Getting Started Preheat your oven to 400.		

Bacon & Smoked Gouda Chicken

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
Getting Started Cook the bacon and onions in a large skillet.		
From Your Pantry You'll need some butter, olive oil, salt and pepper.		
Meal Tip Use two pots and shave off 10 minutes.		

Jalapeno Broccoli Cheddar Soup

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
Getting Started Heat olive oil in a large saucepan.		
From Your Pantry You'll need olive oil, butter, flour, salt and pepper		

Shrimp 'n' Chips, 'n' Chips 'n' Chips

30 Min to Table	30 Min Hands On	2 Whisk Easy
Getting Started Preheat oven to 425.		
From Your Pantry You'll need olive oil, eggs, flour, salt and pepper		

Creamy Tortellini with Kale & Italian Sausage

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
From Your Pantry You'll need some butter, olive oil, salt and pepper.		
Getting Started Preheat your oven to 450 and put a saucepan of water on to boil.		

Beef Stroganoff with Fresh Spinach

35 Min to Table	35 Min Hands On	2 Whisks Easy
Meal Tip Add some egg noodles for a great addition		
Getting Started Heat 1 Tbsp of oil in a skillet over high heat.		
From Your Pantry You'll need a little olive oil, flour, butter, salt and pepper.		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Creamy Tortellini with Kale & Italian Sausage	980	46	51	73	6	1930	6	28	70% Vitamin A	70% Vitamin C
Chile-Lime Salmon with Street Corn Elote	650	41	35	47	5	1070	15	16	140% Vitamin C	20% Calcium
Lemon Orzo with Spinach & Halloumi	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
(1/2 the orzo)	590		32					18		
Chicken Scallopini with Hazelnut Whipped Butter	795	71	36	49 CC 14	5	1131	4	19	229% Vitamin A	57% Vitamin C
(half the noodles and half the butter)	565		20					11		
Beef Stroganoff with Fresh Spinach	540	38	38	15	6	450	4	19	330% Vitamin A	130% Vitamin C
Shrimp 'n' Chips, 'n' Chips 'n' Chips	660	41	14	91	8	820	15	16	70% Vitamin A	35% Vitamin C
Thai Curry Risotto	285	17	8	52 CC 38	8	250	7	8	26% Vitamin C	12% Vitamin B6

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Vegetarian BLT Panini	760	13	39	90	7	1260	41	24	100% Vitamin A	20% Calcium
(use 2/3 of the aioli)	640		27					20		
Caper Tilapia with Parsley and Potatoes	660	47	25	57	4	1166	6	19	115% Vitamin C	19% Iron
(½ the butter and oil, and ¾ potatoes)	515		14					14		
Bacon & Smoked Gouda Chicken	860	77	45	40	5	1260		21	31% Calcium	59% Vitamin C
(no butter, 2/3 of cheese, bacon and onion mix, and bbq sauce)	650		28					13		
Jalapeno Broccoli Cheddar Soup	710	26	50	40	5	840	10	25	54% Calcium	128% Vitamin C
Add a Protein										
All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Pretein										
Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein										
Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein										
Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
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.

Creamy Tortellini with Kale & Italian Sausage

This dinner is packed with everything we love—tender cheese-stuffed pasta, golden sausage, sweet roasted squash, and a velvety white wine cream sauce. Topped with crispy kale for crunch and just a touch of char, it's a warm, satisfying skillet that's as comforting as it is colorful.

30 *Minutes to the Table*

30 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan with a cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1 Tbsp)

6 MEEZ CONTAINERS

Kale
Tortellini
Italian Sausage
Butternut Squash
Seasoned Onions
White Wine Cream Sauce

Good to Know

Health snapshot per serving – 980 Calories, 51g Fat, 73g Carbs, 46g Protein, and 28 Freestyle Points.

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

INGREDIENTS: Italian Sausage, Tricolor Tortellini, Butternut Squash, White Wine, Kale, Cream, Yellow Onion, Lemon, Vegetable Stock, Garlic, Oregano, Sage, Fennel



1. Get Organized

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

2. Roast the Kale

Add the **Kale** to a baking sheet and toss with a drizzle of olive oil, salt and pepper. Arrange in a single layer and bake until crispy, about 15 minutes. Remove from the oven and set aside.

3. Cook the Tortellini

While the kale is roasting, add the **Tortellini** to the boiling water and cook until al dente, about 5 to 6 minutes. Drain and return to the saucepan. Cover and set aside until step 5.

4. Sear the Sausage

While the tortellini is cooking, cut the **Italian Sausage** in to ½" slices. Heat a large skillet over medium-high heat. Add the sausage and cook, stirring frequently, until brown and slightly crispy, about 2 to 3 minutes. Remove from the skillet and transfer to a paper-towel-lined plate. Do not wipe out the skillet.

5. Create the Sauce

Add 1 Tbsp olive oil to the remaining Italian sausage oil and heat the now-empty skillet over medium-high heat. When the oil is hot, add the **Butternut Squash** and cook until it starts to char, about 3 to 4 minutes. Add the **Seasoned Onions** and continue cooking until the onions start to brown and caramelize, an additional 3 to 4 minutes. Add the **White Wine Cream Sauce** and bring to a boil. Lower the heat to medium and cook until the sauce has thickened and reduced by half, about 7 to 8 minutes. Remove from the heat and add back the Italian sausage, cooked tortellini, and 1 Tbsp butter. Stir gently until butter is melted.

6. Put It All Together

Top the pasta with the crispy kale and enjoy!

The Tortellini might float before they are completely cooked, make sure to check them.

The sausage will arrive fully-cooked. This step is to heat it and add charred flavor.

Instructions for two servings.

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

Chili Lime Salmon with Street Corn Elote

We love the creamy, zingy taste of Mexican street corn. We're putting it front and center as the base for salmon crusted with crunchy panko and cotija cheese. With chili and lime, this dinner is fresh and flavorful and practically hands-free.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Salmon

Corn & Peppers

Chili Lime Aioli

Seasoned Panko & Cotija

Cheese

Make The Meal Your Own

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

Good To Know

Health snapshot per serving – 650 Calories, 35g Fat, 41g Protein, 47g Carbs, 16 Smart 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**



INGREDIENTS: Salmon, Corn, Mayonnaise, Poblano Pepper, Red Bell Pepper, Cotija Cheese, Sour Cream, Panko Breadcrumbs, Lime, Cilantro, Paprika, Chili Powder

meez *meals*

1. Get Started

Preheat the oven to 375 degrees.

2. Sear the Salmon

Pat dry the **Salmon** and season with salt and pepper. Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is very hot, sear the salmon on one side for one minute, flip and repeat. Set the salmon aside for step 3. Do not wipe out the skillet.

If you don't have an oven-safe skillet, you can transfer to an oiled 8x8 or similar sized casserole dish.

3. Make the Elote

Add the **Corn & Peppers** to the now-empty skillet and cook until the peppers start to char and soften slightly, about 4 to 5 minutes. Turn off the heat, add the **Chili Lime Aioli** and stir well.

4. Bake and Serve

Layer the seared salmon on top of the elote and sprinkle the **Seasoned Panko & Cotija Cheese** over the entire dish in a single layer. Bake until the top starts to brown, about 15 minutes. Remove from the oven and let rest for 5 minutes.

Enjoy!

Instructions for two servings.

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

Lemon Orzo with Spinach & Halloumi

We're taking our inspiration from sunny Greece, where spinach, lemon and seared halloumi cheese are staples. This week we're pairing them with grape tomatoes and tender orzo pasta for a 15-minute dinner that's bright and fresh.

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

6 MEEZ

CONTAINERS

Orzo Pasta
Spinach
Grape Tomatoes
Seasoned
Onions
Halloumi Cheese
Lemon

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 on top of the orzo.

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

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

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

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

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

Good To Know

If you ordered the **Carb Conscious version** we sent you cauliflower "rice" instead of orzo, reducing the **carbs per serving to 20g**. Skip step 1 and prior to step 3, heat 1 Tbsp oil in a large skillet over high heat. Add the cauliflower and sauté until it starts to brown, about 3 to 4 minutes. Add the spinach and stir until it starts to wilt, about a minute longer and transfer to a mixing bowl. Combine with the cooked, seasoned onions at the completion of step 3. 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.

Health snapshot per serving – 720 Calories, 42g Protein, 32g Fat, 65g Carbs, and 22 Freestyle Points. **Lightened-Up Health snapshot per serving** – 590 Calories, 32g Fat, 39g Carbs, and 19 Freestyle Points using half the orzo.

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to view YouTube
cooking video



INGREDIENTS: Halloumi Cheese, Spinach, Onion, Tomato, Orzo, Garlic, Parsley, Dill, Lemon Pepper, Black Pepper, Oregano, Lemon.

meez *meals*

1. Get Organized

Set a large saucepan of water to boil.

2. Cook the Orzo

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

3. Make the Sauce

While the orzo is cooking, transfer the **Grape Tomatoes** to a zip lock bag and squish each one.

Heat 1 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the **Seasoned Onions** and contents of the zip lock bag. Sauté until the onions and tomatoes become soft, about 4 minutes. Transfer the contents of the skillet to the saucepan with the orzo and spinach and mix well. Wipe out the skillet.

4. Grill the Halloumi

Place the **Halloumi Cheese** on a cutting board and slice into ½" cubes (they don't need to be perfect). Slice the **Lemon** in half.

Heat 1 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cubed halloumi and the lemon halves, cut side down. Cook undisturbed until bottom of halloumi is golden brown, about 2 to 3 minutes. Flip and cook until another side is golden brown, about 2 additional minutes. Remove from the heat.

5. Put It All Together

Serve the seared Halloumi on top of the orzo with a generous squeeze of lemon. Enjoy!

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

Instructions for two servings.

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

Chicken Scaloppini with Hazelnut Whipped Butter

Arguably one of our favorite Italian recipes. With thin chicken breast coated with a hazelnut and breadcrumb crust, egg noodles, sautéed spinach, crispy capers and hazelnut whipped butter, it's comfort food taken up a notch.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Meat tenderizer (or small pot)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Hazelnut Crust
Egg Noodles
Hazelnut Whipped Butter
Spinach
Capers

Make The Meal Your Own

If you're cooking the **carb conscious version**, we sent you zucchini "noodles" instead of egg noodles, reducing the **carbs per serving to 14g**. Skip step 1, then before step 5, heat 1½ Tbsp oil in the skillet on medium high heat. Cook the zucchini until it starts to brown, about 2-3 minutes. Remove from the pan and set aside and then continue with adding the spinach and the rest of the recipe instructions as written.

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

Good To Know

Health snapshot per serving – 795 Calories, 36g Fat, 71g Protein, 49g Carbs, 19 Freestyle Points

Lightened-Up Health snapshot per serving – 565 Calories, 20g Fat, 29g Carbs, 11 Freestyle Points with half the egg noodles and half the Hazelnut Whipped Butter

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

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INGREDIENTS: Chicken Breast, Egg Noodle, Spinach, Hazelnuts, Capers, Butter, Hazelnut Oil, Panko Breadcrumbs, Pecorino Romano, Black Pepper, Oregano, Basil, Onion, Paprika.

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Prep the Chicken

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 **Hazelnut Crust** 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.

3. Cook the Pasta

As soon as the water is boiling, add the **Egg Noodles** with a generous sprinkle of salt. Cook until the noodles are al dente, 5 to 6 minutes. Drain very thoroughly and return to the now empty saucepan with the heat off. Add half the **Hazelnut Whipped Butter** and stir until the butter is melted and has coated the noodles. Set aside until step 6.

4. Cook the Chicken

While the pasta is cooking, heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the pan and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Transfer the chicken to a cutting board and top with the remaining Hazelnut Whipped Butter. Set aside to rest for 5 minutes.

5. Cook the Spinach and Capers

While the chicken is resting, wipe out the now-empty skillet and heat 1 Tbsp olive oil over medium high heat. Sauté the **Spinach** until it starts to wilt but is still green, about 2 to 3 minutes. Transfer the cooked spinach to the saucepan with the drained egg noodles and mix well. Do not wipe out the skillet.

Drain the **Capers** of any excess liquid and add to the now-empty skillet. Cook over medium-high heat, undisturbed, until they start to get brown and crispy, about 3 to 4 minutes.

6. Put It All Together

Spread the capers evenly over the noodles and spinach and top with the chicken. Enjoy!

*Don't worry
about the
amount of water.
Just ensure you
have enough to
cook the pasta*

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

Instructions for two servings.

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

Beef Stroganoff with Fresh Spinach

Comfort food with a lower carb twist. We're making classic beef stroganoff with plenty of sautéed mushrooms and a rich cream sauce, but we're serving it spinach in place of the traditional carb-heavy noodles. Yum!

35 *Minutes to the Table*

35 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Flour (½ Tbsp / serving)

Butter (¾ Tbsp /
serving)

6 MEEZ CONTAINERS

Steak

Onions & Garlic

Mushrooms

Stroganoff Sauce

Spinach

Sour Cream & Parsley

Good To Know

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.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Health snapshot per serving – 540 Calories, 38g Fat, 38g Protein, 15g Carbs, 19 Smart Points

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

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INGREDIENTS: Steak, Spinach, Mushrooms, Red Onion, Garlic, Cream, Sour Cream, Chicken Broth, Tomato, Parsley, Miso, Tamari, Brown Sugar, Black Pepper, Dijon Mustard,

meez meals

1. Cook the Steak

Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks to the pan.

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 on a cutting board.

After the steaks have rested, arrange them horizontally and using a sharp knife, cut the steaks into even strips (we aim for ¼ to ½ inch strips).

2. Sauté the Onions & Garlic and Mushrooms

While the steaks are resting, wipe out the skillet used for steak and heat 1 Tbsp of oil over medium-high heat. Add the **Onions & Garlic** and cook until the onions are translucent, 4 to 6 minutes. Add the **Mushrooms** and continue cooking until the mushrooms start to brown and soften, 4 to 6 minutes.

3. Create the Sauce

Add 1 Tbsp flour and 1½ Tbsp butter and stir continuously until the butter is melted, the flour is beginning to brown, and both are well mixed in with the veggies and mushrooms without any flour clumps, about 2 minutes.

Add the **Stroganoff Sauce** and stir, scrapping the browned bits off the bottom of the pan. Cook until the sauce is the consistency of gravy and has turned a golden brown, about 2 to 3 minutes. Once the sauce has thickened, add the **Spinach** and stir continuously until all the spinach has softened and is bright green, about 2 to 3 minutes. Remove from the heat and stir in the **Sour Cream & Parsley**

4. Put It All Together

Top the spinach & mushrooms with the sliced steak & drizzle remaining sauce on top. Enjoy!

Test if the skillet is hot enough by holding your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Ensure heat is high enough so the sauce is bubbling as it thickens during this step.

Add the spinach a little at a time if your pan gets too full. It will soften and cook down as you stir it in.

Instructions for two servings.

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

Shrimp 'n' Chips, 'n' Chips, 'n' Chips

We had a blast with this recipe! Our riff on the classic English fish 'n' chips swaps crispy panko-crusted shrimp in for the traditional fried cod and gives you chips three ways: fingerling steak fries, sweet potato cottage fries, and crispy green bean fries. It's as delicious as it is fun.

Getting Organized

EQUIPMENT

- Large Skillet
- Mixing Bowls
- 2 Baking Sheets

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (2)
- Flour (1/2 cup)

6 MEEZ CONTAINERS

- Fingerling Potatoes
- Green Beans
- Sweet Potatoes
- Seasoned Panko
- Shrimp
- Cocktail Tartar Sauce

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- 660 Calories, 41g Protein, 14g Fat, 91g Carbs, and 16 Freestyle Points.

**SCAN QR CODE
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cooking video**



30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisk *Easy*

INGREDIENTS: Shrimp, Fingerling Potatoes, Sweet Potatoes, Green Beans, Panko Breading, Ketchup, Tomato Sauce, Mayonnaise, Relish, Lemon, Worcestershire Sauce, Horseradish, Paprika, Garlic, White Pepper.

meez meals

1. Get Started

Preheat the oven to 425.

2. Cook the Fingerling Steak Fries

Slice the **Fingerling Potatoes** lengthwise into quarters so they are roughly the shape of steak fries. Transfer to a baking sheet and toss with olive oil, salt and pepper, then arrange in a single layer. Bake until they are golden brown, about 25 minutes.

3. Cook the Sweet Potato Cottage Fries and Green Bean Fries

While the fingerlings are baking, place the **Green Beans** on a second baking sheet, toss with olive oil, salt and pepper and arrange in a single layer on one half of the baking sheet.

Place the sliced **Sweet Potatoes** in a mixing bowl with 1½ Tbsp olive oil and one-third of the **Seasoned Panko**. Mix until the potatoes are coated and transfer the entire contents of the bowl to the other half of the second baking sheet in a single layer next to the green beans.

Bake until the green beans are hot and the sweet potatoes are fork tender, about 15 minutes.

4. Cook the Shrimp

While the sweet potatoes and green beans are baking, whisk 2 eggs in a small bowl. Spread the remaining Seasoned Panko on one plate and ¼ cup of flour on a second plate. Pat dry the **Shrimp** and then dip each one into the flour, then the egg, and then the panko (push into the coating and press more down on top to coat the shrimp with as much panko as possible). Repeat until all shrimp are coated.

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the coated shrimp in a single layer. Cook undisturbed, until the crust turns golden brown, about 2 minutes. Flip and cook for an additional minute.

5. Put It All Together

Serve shrimp alongside the fingerling steak fries, sweet potato cottage fries, and green bean fries. Use the **Cocktail Tartar Sauce** for dipping. Enjoy!

*We send the
fingerlings
whole to
maintain their
freshness.*

*Wait to cook
the shrimp
until they have
all been coated.
If you need to
work in batches
to get them in a
single layer, go
ahead and do
that.*

Instructions for two servings.

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

Thai Curry Risotto

We're pairing the vibrant flavors of Thai curry with the mellow creaminess of a classic risotto. And to make it even easier, we're baking it in the oven instead of the usual fussy stove-top version. With acorn squash, green beans, and arugula, plus a sprinkling of sesame and cucumber it's a fun twist on Thai that we just love

45 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet (with a
cover)
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt/Pepper

6 MEEZ CONTAINERS

Acorn Squash
Arborio Rice
Thai Curry Sauce
Arugula
Green Beans
Cucumber &
Sesame Seeds

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below). Slice the protein into strips (flake the salmon and leave the shrimp whole) and serve on top of the cooked risotto 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 ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the arborio rice, reducing the **carbs per serving to 38g**. After searing the acorn squash in step 2, return the empty skillet to the stove with 1 Tbsp olive oil over high heat and sauté the cauliflower until it starts to brown, about 2 to 3 minutes. Continue with step 3, except don't add the water and reduce the total time in the oven to 15 minutes.

Health snapshot per serving – 285 Calories, 8g Fat, 52g Carbs, 17g Protein, 8 Freestyle Points

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



INGREDIENTS: Arborio Rice, Green Beans, Acorn Squash, Arugula, Onion, Cucumber, Coconut Milk, Red/Yellow Curry Paste, Miso, Tamari, Garlic, Mint, Ginger, Basil, Brown Sugar, Lime.

meez *meals*

1. Getting Organized

Preheat oven to 400.

2. Cook the Squash

Heat 1 Tbsp olive oil in a large oven-safe skillet over medium high heat. When the oil is hot, add the **Acorn Squash** to the pan in a single layer. Sprinkle with salt and pepper and cook, undisturbed until the squash starts to brown, about 2 to 3 minutes. Stir squash and cook until the additional side start to brown, another 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

3. Prepare and Bake the Risotto

Return the now-empty skillet to the stove and add the **Arborio Rice**, **Thai Curry Sauce**, and 1 cup of water and bring to a boil. Remove from the heat and add back the cooked Acorn Squash. Cover with an oven safe lid, and bake, undisturbed until the rice is tender, and the water has been absorbed, about 25 minutes.

After 20 minutes, check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking, uncovered, until the rice is tender. If the rice is tender but there is still liquid cook, uncovered, until it is absorbed.

Remove the skillet from the oven and immediately add the **Arugula**. Continue to stir until the arugula wilts and thoroughly mixed into the risotto. Cover and let rest for 5 minutes.

4. Char the Green Beans

While the risotto is resting, heat a second large skillet with 1 Tbsp olive oil over high heat. Add the **Green Beans** with a sprinkle of salt and pepper and cook, undisturbed, until the green beans are charred and turn bright green, about 3 minutes.

5. Put It All Together

After the risotto has rested, transfer to serving bowls and top with the charred Green Beans and **Cucumber & Sesame Seeds**. Enjoy!

Vegetarian BLT Panini

This sandwich isn't a vegetarian version of a BLT sandwich. It's a superpowered panini dinner that delivers the essence of a hearty BLT without the pork, plus so much more. With tomato jam, fried egg, arugula, and a smoky sweet potato "bacon," it's a sandwich everyone will adore.

20 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1 per serving)

6 MEEZ CONTAINERS

Tomato Jam
Panini Bread
Aioli
Sweet Potatoes
Smoky Sauce
Arugula

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 4, cook the protein (per instructions below) and include on top of the arugula prior to adding the egg 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 – 760 Calories, 39g Fat, 90g Carbs, 13g Protein, and 24 Freestyle Points.

Lightened-up health snapshot per serving – 640 Calories, 27g Fat, 90g Carbs, and 20 Freestyle Points by using two-thirds of the Aioli.

INGREDIENTS: Panini Bread, Sweet Potato, Tomato, Mayonnaise, Red Onion, Arugula, Maple Syrup, White Vinegar, Brown Sugar, Tamari, Cream Cheese, Mozzarella, Balsamic Vinegar, Liquid Smoke, Chipotles in Adobo, Basil, Paprika, Black Pepper, Lemon Zest, Oregano.

meez meals

1. Make the Tomato Jam

Heat a medium saucepan over medium heat. Add the **Tomato Jam** and cook, stirring occasionally, until the mix has a jam-like consistency, about 10 to 12 minutes. Turn off the heat and set aside until step 5.

2. Toast the Panini Bread

While the jam is cooking, lightly brush both sides of the **Panini Bread** with olive oil. Heat a large skillet or griddle over medium-high heat and toast both sides of each slice, about 2 to 3 minutes per side. (You may need to work in batches depending on the size of your pan.) Spread a generous helping of **Aioli** on half the toasted bread and transfer these slices to the serving plates. They will be the sandwich bottoms. Set the other pieces (the tops) aside. Wipe out the skillet.

3. Create the Smoky Sweet Potato "Bacon"

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Sweet Potatoes** and cook until they soften and start to brown, about 6 to 7 minutes. Add the **Smoky Sauce** and cook, stirring continuously, until the sweet potatoes are well coated, 2 to 3 additional minutes. Remove from the heat and arrange the sweet potatoes in a single layer on the sandwich bottoms (the half with the aioli). Then layer the **Arugula** on top of the smoky sweet potato "bacon." Wipe out the skillet.

4. Fry the Eggs

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, crack 2 eggs into the skillet and cook until the whites are opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste. Remove from the skillet and place on top of the arugula.

5. Put It All Together

Spread the tomato jam on the sandwich tops and then press them down firmly to close the sandwich. Use a knife to slice in half and enjoy!

Instructions for two servings.

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

Caper Tilapia with Parsley and Potatoes

Sophisticated made easy. We're serving seared tilapia with a classic beurre blanc sauce this week. It sounds fancy, but this parsley caper butter sauce comes together in a flash. Served over roasted potatoes, it's a recipe the whole family will love.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet

FROM YOUR PANTRY

3 Tbsp Butter
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Potatoes
Tilapia
White Wine
Capers & Garlic
Parsley

Make The Meal Your Own

If you ordered the **carb conscious version**, you received broccoli instead of the potatoes reducing the **carbs per serving to 16g**. Preheat oven to 425 (rather than 400) and for step 2. place the broccoli on a baking sheet, drizzle with olive oil, salt and pepper and bake until the broccoli starts to brown, about 8 to 10 minutes.

To get your potatoes nice and crisp, arrange them skin-side up on your baking sheet.

Good To Know

The parsley caper butter sauce is our take on the classic French beurre blanc. It sounds complicated, but it's simple to make and adds great flavor to the dish.

Health snapshot per serving – 660 Calories, 25g Fat, 47g Protein, 57g Carbs, 19 Smart Points

Lighten Up snapshot per serving – 515 Calories, 14g Fat, 45g Protein, 44g Carbs, 14 Smart Points with ½ the butter and oil, and ¾ potatoes.

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: Potatoes, Tilapia, White Wine, Caper, Parsley, Garlic

meez meals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prep and Roast the Potatoes

Cut the **Potatoes** in half lengthwise. Toss with 2 Tbsp of oil and season generously with salt and pepper. Arrange in a single layer on a baking sheet and roast until deep brown and crispy, about 30 minutes.

For extra crispy potatoes, place them skin-side up.

3. Cook the Tilapia

When the potatoes have been cooking for 15 minutes, dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook an additional 3 to 4 minutes. Remove to a plate and let rest. Pour out any excess oil from the skillet.

Pour out extra oil but leave behind any browned bits on the bottom of the skillet - they add great flavor to your sauce.

4. Make the Sauce

Cut 3 Tbsp cold butter in small chunks. Add the **White Wine** to the now-empty skillet, return skillet to stove and cook over medium high heat. Continue to stir, scraping up any browned bits from the bottom of the pan. Cook the wine until about 1/3 of it has reduced, about 3 to 6 minutes. Add the **Capers & Garlic** and cook 1 minute. Turn off the heat and stir in butter and **Parsley**.

5. Put It All Together

Top the crispy potatoes with the fish and drizzle the white wine butter sauce over the top to serve.

Instructions for two servings.

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

Bacon & Smoked Gouda Chicken

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

25 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

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

FROM YOUR PANTRY

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

5 MEEZ CONTAINERS

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

Make The Meal Your Own

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

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

Good To Know

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

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

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

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



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

meez meals

1. Cook the Bacon & Onions

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

2. Cook the Cabbage and Leeks

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

3. Cook the Chicken

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

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

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

4. Put It All Together

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

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

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

Instructions for two servings.

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

Talapeño Broccoli Cheddar Soup

Traditional broccoli-cheddar soup is comfort food in a bowl. We've taken it up a notch by giving it a spicy kick that adds a contrast to the cheesy creaminess that we love. Served with a grilled roll, it's a cozy dinner that's on the table in a flash.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
(with a cover)
Large skillet

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper
½ Tbsp butter
2 teaspoons flour

5 MEEZ CONTAINERS

French Roll
Broccoli
Cream
Bell Peppers &
Onions
Cheese

Add Protein Cooking Instructions

Integrate into recipe: While the soup is cooking in step 2, 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.

Good to Know

This dish is already relatively low in carbs at 40g per serving, but you can **trim the carbs to 21g** per serving by skipping the bread.

Health snapshot per serving – 710 Calories, 26g Protein, 50g Fat, 40g carbs, 25 Freestyle Points.

Lightened up Health snapshot per serving - 600 Calories, 21g Carbs, 49g Fat, 23 Freestyle Points by skipping the bread.

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



INGREDIENTS: Broccoli, Bell Peppers, Onions, Jalapeño, Half-and-Half, Cream Hot Pepper Loaf Cheese, White Cheddar, Vegetable Stock, White Peppers.

meez meals

1. Cook the Vegetables

Heat 2 Tbsp of olive oil in a large saucepan over medium high heat. When the oil is hot, add the **Broccoli** and pinch of salt and pepper. Sauté until the edges start to brown, about 4 to 5 minutes. Add the **Bell Peppers & Onions** and cook, stirring frequently, until the onions start to soften, about 2 to 3 additional minutes.

Add ½ Tbsp butter to the saucepan. When it melts, add 2 teaspoons of flour and stir until the vegetables are coated in the flour/butter combination. Cook until the flour turns light brown, about 2 minutes.

2. Create the Soup

Turn the heat to high and add 2/3 of a cup of water and the **Cream**. Scrape the bottom of the pan to make sure you get all the tasty bits mixed in.

Bring to a boil, then reduce the heat to medium low. Cover and simmer for 5 minutes. Remove from the heat. Add the **Cheese** and stir until it melts.

3. Grill the Bread

While the soup is simmering, heat a large skillet over medium heat. Cut the **French Rolls** in half and drizzle with olive oil, salt and pepper on each side. Once the skillet is hot, add the rolls, cut side down. Cook until they start to brown, about a minute.

4. Put It All Together

Ladle the soup into serving bowls and serve alongside the grilled rolls. Enjoy!

If you have a toaster oven, you can also use that to toast the bread. It's simpler but doesn't have quite the same magic as grilling.

Instructions for two servings.

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