

## Quick Tips

### Mediterranean Lemon Chai Salmon with Pearl Couscous

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water on to boil.

**Leftovers Tip** Serve leftovers over lettuce.

**From Your Pantry** You'll need about 1/4 cup of flour per serving

### Chicken Pot Pie

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<b>50 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

**Make Ahead Tip** Cook the filling up to a day ahead.

### Quesadilla Tacos

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Heat your grill or preheat your broiler.

**Meal Tip** For picky eaters, serve the bean salad on the side.

### Barbequed Sweet Potato Couscous Gratin

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<b>40 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400 and put water on to boil .

**Speed Tip** You can cook the couscous ahead, to save time.

### Steak Quinoa Bowl

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<b>30 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 375 & put a saucepan of water onto boil.

**Leftovers Tip** Leftovers make a delicious taco or burrito filling.

  
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**From Your Pantry** You'll

### *Deep Dish Mushroom and White Cheddar Strata*

<b>70 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 350.

**Omnivore Option** Add cooked, crumbled bacon along with the corn,

**Make Ahead Tip** Prepare the strata ahead and reheat for 10 minutes at 350..

### *Black Bean Quesadilla*

<b>20 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**When your Meals arrive** Check your avocado for ripeness. If ready, keep it in the fridge. If it is hard, keep it on the counter until you make the quesadilla.

**Getting Started** Preheat your oven to 400.

### *Tokyo Tilapia Burrito*

<b>25 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat to 400 and put a saucepan on to boil

**Leftovers Tip** Throw all the leftovers together to make a salad!

### *Pesto and Potato Pizza*

<b>25 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425.

**Meal Tip** This pizza is great topped with sausage or pepperoni.

**From Your Pantry** You'll need some flour, olive oil, salt and pepper.

### *Ginger-Soy Aioli Rice Bowl*

<b>45 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water on to boil.

**Omnivore Option** Seared tuna would be delicious with this meal.

### *Buttermilk Broccoli Salad*

<b>5 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Toss and serve!

# Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon chai dressing brings a sunny flavor to seared salmon. Served up with grape tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Shallow Pie Dish or Plate  
Large Skillet

### FROM YOUR PANTRY

½ Cup of Flour  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Couscous  
Salmon  
Broccoli  
Lemon Chai Sauce  
Feta Cheese

## Make The Meal Your Own

**Leftovers Tip** – Serve your leftovers over lettuce for a light next-day lunch.

## Good To Know

**If you're making the gluten-free version**, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff and let sit covered for 5 minutes.

**If you want to test the doneness of the salmon**, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

**Health snapshot per serving** – 720 Calories, 46g Fat, 30g Protein, 32g Carbs, 23 Smart Points

**Lightened up snapshot** - 645 Calories, 39g Fat, 30g Protein, 32g Carbs, 20 Smart Points by using ¾ of the sauce.

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

INGREDIENTS: Broccoli, Salmon, Couscous, Grape Tomatoes, Feta Cheese, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

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### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

### 3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

*Any kind of flour will work here: all-purpose, rice flour, even tapioca flour. Use your favorite.*

*If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.*

### 4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Quesadilla Tacos

Part cheesy quesadilla, part taco and a Mexican star through and through. This gem starts with Chihuahua cheese melted on to corn tortillas, which get topped with toasted Brussels, a Mexican bean salad and then eaten like a taco. It's an ooey-gooey delicious dinner that's on the table in 15 minutes. Why didn't we think of this sooner?

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

- Broiler and Baking Sheet or Grill
- 2 Mixing Bowls

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Spiced Beans
- Lime Vinaigrette
- Brussels Sprouts
- Corn Tortillas
- Chihuahua Cheese

## Make The Meal Your Own

**Cooking with a picky eater?** Serve the bean salad on the side.

**Don't think you can grill inside?** Think again. Your broiler is a grill; it just has the heat above, rather than below the food. You can also use a grill pan, if you prefer.

## Good To Know

**If you're making the vegan version,** we've left the cheese out of your meal. Instead of making a melty quesadilla, assemble it as a delicious taco.

**Health snapshot per serving** – 640 Calories, 30g Protein, 17g Fiber, 21 Smart Points

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

INGREDIENTS: Brussels Sprouts, Chihuahua Cheese, Black Beans, Great Northern Beans, Yellow Onion, Corn Tortillas, Lime, Cider Vinegar, Cilantro, Jalapeño, Granulated Garlic, Coriander, Agave Syrup, Cumin

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### 1. Getting Organized

Heat your grill or preheat your broiler. If you're broiling, put the top rack about 6 inches from the heating element.

### 2. Make the Bean Salad

Put the **Spiced Beans** into a mixing bowl with the **Lime Vinaigrette** and toss to coat. Season with salt and pepper to taste, and put in the refrigerator to chill.

### 3. Roast the Brussels

Put the **Brussels Sprouts** into another mixing bowl, drizzle with 2 Tbsp olive oil and season with salt and pepper. Put on to the grill or on a rimmed baking sheet under the broiler. Grill, turning a few times while cooking, until very soft and lightly browned, about 12 to 15 minutes.

*This may seem like a lot of oil, but you can drain off the excess after the Brussels have roasted.*

### 4. Put It All Together

Once the Brussels are cooked, put the **Corn Tortillas** on to the grill or on a rimmed baking sheet under the broiler. Heat until warm and pliable, about 30 to 60 seconds. Turn and top with the **Chihuahua Cheese** and cook until the cheese is melted, about 2 to 3 minutes. Top with the roasted Brussels and bean salad.

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Barbequed Sweet Potato Couscous Gratin

We're turning the whole idea of an au gratin on its head this week. Forget the heavy, cream-based staples of classic French cooking. Instead, we're layering pearl couscous and broiled sweet potatoes with a smoky barbeque sauce and mozzarella. Then, we top it off with crispy kale for a vitamin-packed twist.

**40** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Oven-Safe  
Saucepan  
Rimmed Baking  
Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Sweet Potatoes  
Pearl Couscous  
Barbeque Sauce  
Mozzarella & Cherries  
Kale

## Make The Meal Your Own

**Want this meal in a flash?** Prepare the sweet potatoes and couscous in advance. When it's time for dinner, assemble the casserole and sauté the kale. You'll be eating in 15 minutes.

**Kids and picky eaters** can eat their kale on the side.

## Good To Know

**If you're making the vegan version**, we've left out the cheese. It's just as delicious without it.

**If you're making the gluten-free version**, we've given you quinoa instead of couscous. Cooking it up is easy. Just bring 2 ½ cups of water to a boil, then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff it and let it sit covered for 5 minutes.

**Health snapshot per serving** – 505 Calories, 20g Protein, 8g Fiber, 17 Smart Points

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

INGREDIENTS: Sweet Potatoes, Kale, Pearl Couscous, Barbeque Sauce, Mozzarella Cheese, Parmesan Cheese, Cherries, Garlic

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	<p><b>1. Getting Organized</b> Preheat your oven to 400 degrees and put a saucepan of water on to boil.</p>	
	<p><b>2. Roast the Sweet Potatoes</b> Put the <b>Sweet Potatoes</b> on a rimmed baking sheet. Drizzle with olive oil, salt and pepper and bake until the edges are crispy, about 15 to 25 minutes.</p>	
	<p><b>3. Cook the Couscous</b> Once the sweet potatoes are cooking, start the couscous. Salt the boiling water generously, add the <b>Pearl Couscous</b> and cook for 5 minutes. Drain and set aside.</p>	<p><i>The couscous won't be done cooking in this first step. We're just pre-cooking it.</i></p>
	<p><b>4. Assemble the Casserole</b> Turn the oven down to 300 degrees and put the couscous back into the saucepan or, if it's not oven-safe, into a casserole dish. Add the cooked sweet potatoes, <b>Barbeque Sauce</b> and ¼ cup water and mix well. Top with <b>Mozzarella &amp; Cherries</b> and bake until the top is lightly browned and the cheese is melted, about 12 to 15 minutes.</p>	
	<p><b>5. Bake the Kale</b> Once the gratin gets into the oven, arrange the <b>Kale</b> on your rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until softened and crisp on the edges, about 15 minutes. Serve the gratin topped with the kale.</p>	
<p><i>Love this recipe? #meezmagic</i></p>		

Instructions for two servings.  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**



# Chicken Pot Pie

This cozy recipe starts as a classic chicken pot pie, but we're tossing our cage-free chicken breast with plenty of corn, sweet potatoes and mushrooms to make it as healthy as it is delicious. Tossed in a light cream sauce with golden pastry on top, it's a recipe that's just right, and less indulgent than you'd imagine.

**50** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
Loaf Pan or Casserole  
Dish

### FROM YOUR PANTRY

Olive Oil or Butter  
1 ½ Tbsp of Flour  
Salt & Pepper

### 6 MEEZ CONTAINERS

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

## Make The Meal Your Own

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

**Picky eaters tip** – We love the earthiness from the mushrooms, but if you're eating with someone who doesn't love the idea of them, puree the mushrooms in a food processor and add to the filling before you top with the crust and bake. Your picky eater will never see them, but will love the flavor they bring.

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

## Good To Know

**A note on pan sizes.** Chef Max prefers to bake his pot pie in a deep, narrow pan like a loaf pan because it's the perfect size for the crust, but he says a casserole dish or oven-safe saucepan will work well too.

**Health snapshot per serving** – 610 Calories, 50g Protein, 18g Fat, 58g Carbs, 17 Smart Points

**Lightened up snapshot** – 430 Calories, 15g Fat and 11 Smart points replacing the pie dough with ½ cup of panko breadcrumbs sprinkled over the filling before baking.

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

INGREDIENTS: Cage-Free Chicken Breast, Sweet Potato, Mushrooms, Onion, Pie Crust, Corn, White Wine, Half and Half, Garlic, Miso, Concentrated Vegetable Stock, Herbs and Spices

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## 1. Getting Organized

Preheat your oven to 400.

## 2. Prep the Chicken

Place the **Chicken Breast** on a cutting board. Using a sharp knife, cut lengthwise into long strips, about ¼" to ½" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

## 3. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet over medium-high heat. Add the **Onions & Corn** and cook until well browned, about 7 to 10 minutes. Add the chicken and cook 5 minutes. Add the **Sweet Potatoes** and cook for 4 minutes, stirring constantly. Add 1 ½ Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

Add the **Cream Sauce** and stir, scraping the browned bits off the bottom of the pan. Simmer until it thickens to the consistency of gravy, about 1 minute. Add the **Mushrooms** and 1 ¼ cups water and bring the mixture to a boil. Reduce heat and simmer for 5 minutes. Season with salt and pepper to taste.

## 4. Bake the Pot Pie

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

*Use your biggest skillet or a large saucepan because all of the ingredients are cooked together.*

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

*Love this recipe? #meezmagic*

Instructions for two servings.

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INGREDIENTS: Cage-Free Chicken Breast, Sweet Potato, Mushrooms, Onion, Pie Crust, Corn, White Wine, Half and Half, Garlic, Miso, Concentrated Vegetable Stock, Herbs and Spices

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# Steak Quinoa Bowl

This week's family favorite. We're taking our classic red enchilada sauce and marrying it with the deep rich flavors of steak, kale and quinoa. Served with Mexican cheese, it's a cozy dinner everyone will love.

**30** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Casserole Dish  
Skillet

### FROM YOUR PANTRY

Salt & Pepper

### 6 MEEZ CONTAINERS

Quinoa  
Steak  
Kale  
Beans & Tomatoes  
Enchilada Sauce  
Monterey Jack  
Cheese

## Make The Meal Your Own

**Leftovers Tip** – The leftovers from this dish make a delicious taco or burrito filling.

**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.

## Good To Know

**Be sure to generously season your steaks** with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

**Health snapshot per serving** – 650 Calories, 37g Fat, 51g Protein, 31g Carbs, 19 Smart Point

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

INGREDIENTS: Steak, Kale, Tomatoes, Monterey Jack Cheese, Quinoa, Black Beans, Tomato Paste, Cilantro, Vinegar  
Garlic, Chili, Vegetable Oil, Herbs and Spices

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### 1. Getting Organized

Preheat your oven to 375 and put a saucepan of water on to boil.

### 2. Cook the Quinoa

Add the **Quinoa** to the boiling water and cook for 6 to 8 minutes. Drain and set aside.

### 3. Make the Casserole

While the quinoa is cooking, combine the **Kale, Beans & Tomatoes** and **Enchilada Sauce** in a casserole dish. Bake, stirring occasionally, until the kale shrinks down a bit and starts to crisp, about 7 to 10 minutes. (You'll want to stir about every 3 to 4 minutes to prevent the kale from burning or getting too crisp on the edges). Add the cooked quinoa to the casserole and stir to incorporate. Continue baking until bubbling, about 7 to 10 more minutes.

*This works in everything from a loaf pan to a 10x10 casserole dish*

### 4. Cook the Steak

While the casserole is baking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** 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. Cook until the bottoms brown and the sides start to color, about 3 minutes.

*To test if the skillet is hot enough for the steak, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.*

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

*Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.*

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).

### 5. Put It All Together

Sprinkle the **Monterey Jack Cheese** over the top of the casserole and bake until the casserole is bubbling around the edges and the cheese is melted, about 5 more minutes. Serve the casserole topped with the sliced steak.

*Love this recipe?  
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Instructions for two servings.

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

## Deep Dish Mushroom and White Cheddar Strata

This layered earthy mushroom and gooey cheese casserole will warm up everyone at your dinner table. P.S. Don't let the long cooking time keep you from ordering. This gem is just 10 minutes hands-on and can be made in advance. P.P.S. Leftovers make an awesome breakfast.

**70** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** *Super Easy*

### Getting Organized

#### EQUIPMENT

Loaf Pan or 10x10  
Casserole Dish  
Mixing Bowl  
Medium Skillet

#### FROM YOUR PANTRY

Butter or  
Cooking Spray  
1 1/2 Cup Milk or  
Half & Half  
Black Pepper

#### 5 MEEZ CONTAINERS

Mushrooms  
Sourdough Bread  
Corn & Basil  
Cheddar Cheese  
Egg Mix

### Make The Meal Your Own

**This is a great make-ahead meal.** Prepare the strata ahead of time, and reheat it for 10 minutes at 350 when you are ready to eat.

**Dedicated omnivores** can add cooked, crumbled bacon along with the corn.

**Looking for a brunch idea?** This is a delicious breakfast as well. Add some sausage to give it a breakfast feeling.

### Good To Know

**A note on pan size** – To keep the strata moist, Chef Max likes to make his in a narrow, deep pan, so he recommends using a loaf pan (or two). You can also build your strata in a shallower casserole dish, but start checking your strata a bit earlier, as it may cook faster.

**Health snapshot per serving** – 270 Calories, 12g Fat, 17g Protein, 25g Carbs, 9 WW+ Points

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

INGREDIENTS: Corn, Button Mushrooms, Eggs, Sourdough Bread, White Cheddar, Green Onion, Mayonnaise, Basil

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### 1. Getting Organized

Preheat the oven to 350 degrees and grease your pan or casserole dish using butter or cooking spray.

### 2. Cook the Mushrooms

Heat 1 Tbsp of oil in a medium-sized skillet over high heat. Add the **Mushrooms** and cook until golden brown, 5 to 7 minutes.

### 3. Assemble the Strata

Put 1/3 of the **Sourdough Bread** on the bottom of the pan or casserole dish. Layer 1/3 of the **Corn & Basil** on top of the bread, followed by 1/3 of the mushrooms and 1/3 of the **Cheddar Cheese**. Repeat these layers two more times – bread, corn, mushrooms, cheese – until you've used up your ingredients.

Open the **Egg Mix** and pour into a mixing bowl. Add 1 ½ cup milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan over all the ingredients as evenly as possible.

*You can adjust the black pepper amount based on your preferences.*

### 4. Bake the Strata

Bake until the eggs are set and firm to the touch and the strata is brown on top, about 50 to 60 minutes. Slice and serve. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Tokyo Tilapia Burrito

One of our favorite cross-cultural fusions. We're pairing seared tilapia with carrots, edamame, snow peas and bamboo shoots, then rolling it up in a burrito with Chef Max's creamy soy-ginger aioli. Rolled up together, it's a dinner you don't want to miss.

**25** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan  
Shallow Pie Pan or Plate  
Large Skillet  
Baking Sheet (Optional)

### FROM YOUR PANTRY

½ Cup Flour  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Rice  
Asian Vegetables  
Tilapia  
Tortillas  
Soy Ginger Aioli

## Make The Meal Your Own

**We love to finish our burritos in the oven**, but you can also use a toaster oven or just roll up the filling and eat immediately.

**Turn your leftovers** into a delicious salad. Just toss any extra veggies and rice with the soy ginger aioli. You can add your own greens or top with a protein, though we think it's just as tasty without any additions.

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

## Good To Know

**If you're making the gluten-free version**, we've given you corn tortillas. Toss the vegetables and rice with a little aioli, flake the fish into pieces and then fill like tacos.

**Health snapshot per serving** – 685 Calories, 19g Fat, 55g Protein, 75g Carbs, 17 Smart Point

**Lighten Up snapshot per serving** – 625 Calories, 17g Fat, 54g Protein, 66g Carbs, 16 Smart Point with ½ the rice and ¾ of sauce.

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

INGREDIENTS: Tilapia, Flour Tortillas, Rice, Mayonnaise, Carrot, Snow Peas, Bamboo Shoots, Edamame, Tamari, Green Onion, Mirin, Brown Sugar, Ginger, Garlic

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### 1. Getting Organized

Put a saucepan of water on to boil and preheat your toaster or conventional oven to 400 degrees.

*Heating your oven is optional  
(see note on other side.)*

### 2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

### 3. Sauté the Vegetables

While the rice is cooking, heat 1 Tbsp oil in a large skillet on medium-high heat. Add the **Asian Vegetables** and cook, stirring occasionally, until the snow peas are bright green, about 3 to 5 minutes. Remove to a bowl or plate and wipe out the skillet.

*The veggies should be warm,  
but still have some crunch to  
them.*

### 4. Dredge and Cook the Tilapia

Pour ½ cup flour into a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Tilapia** dry with a paper towel and then coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining tilapia.

Heat 2 Tbsp of oil in the now-empty skillet on high heat. Add the tilapia and cook 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

*Place the tilapia in the pan  
gently to avoid any oil splashing.*

### 5. Roll and Finish the Burrito

Fill the bottom half of each **Tortilla** with vegetables, rice, tilapia and a few tablespoons of **Soy Ginger Aioli**. To wrap, fold in each of the sides, pull the bottom up over the filling and roll.

*Too hot for the oven? Just  
roll up your burrito and enjoy!*

Place the burritos seam-side-down on a baking sheet and place into the oven just until warm, about 1 to 2 minutes. Serve with remaining aioli.

*Love this recipe?  
#meezmagic*

Instructions for two servings.  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

# Ginger-Soy Aioli Rice Bowl

We're hooked on Chef Max's ginger-soy aioli. He first wowed us with it in a bento burrito, and it was so tasty we asked him to bring it back in a rice bowl. The result was this gem. We're cooking up edamame, carrots and snow peas, and then tossing them with Himalayan red rice and the famous aioli. It's a Japanese-style rice bowl your family will love.

**45** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Himalayan Red Rice  
Edamame  
Mixed Sesame Seeds  
Vegetable Mix  
Ginger-Soy Aioli

## Make The Meal Your Own

**Make Ahead Tip** – Cook the rice up to 2 days in advance. When you're ready to eat, start with step 3, making sure to cook the rice with the veggies for an extra few minutes to reheat it.

**Omnivore's Option** – Seared tuna would be tasty on this. Serve over the rice bowl with an extra dollop of aioli on top.

## Good To Know

**Health snapshot per serving** – 405 Calories, 12g Fat, 60g Carbs, 14g Protein, 12 Smart Points

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

INGREDIENTS: Edamame, Himalayan Red Rice, Carrots, Snow Peas, Mayonnaise, Water Chestnuts, Green Onions, Tamari, Sesame Seeds, Brown Sugar, Ginger, Garlic

meezmeals

### 1. **Getting Organized**

Put a saucepan of water on to boil

### 2. **Cook the Rice**

Add a generous pinch of salt to the boiling water and add the **Himalayan Red Rice**. Cook until the rice is fluffy, about 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

*We set the rice aside for 5 minutes after draining so the rice will steam.*

### 3. **Stir Fry the Vegetables**

While the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over high heat. Add the **Edamame** and cook for 5 minutes, then add the **Vegetable Mix** and cook until the snow peas are bright green, 5 to 7 minutes.

Add the cooked rice to the pan and mix well, then remove from the heat. Add half of the **Ginger-Soy Aioli** and mix well. Serve topped with **Mixed Sesame Seeds** and remaining aioli.

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Black Bean Quesadilla

**20** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Vegetable Oil

### 5 MEEZ CONTAINERS

Avocado

Tortillas

Cheese & Spices

Black Beans

Salsa Crema

## Good to Know

**Want to save the oven time?** You can cook this on the stovetop, instead.

### Health Snapshot per serving (serves 1)

585 Calories, 16g Fat, 50g Carbs, 23g Protein,  
17 Smart Points

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

INGREDIENTS: Flour Tortillas, Avocado, Black Beans, Chihuahua Cheese, Tomato, Sour Cream, Lime Juice, Garlic, Herbs and Spices

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## 1. Getting Organized

Preheat your oven to 400 and slice your **Avocado**.

## 2. Prep the Tortillas

Oil the baking sheet with 1 to 2 Tbsp of oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled-side down.

## 3. Build the Quesadilla

Sprinkle the **Cheese & Spices** on the tortilla then top with the **Black Beans** and half of the sliced avocado. Top with the second tortilla, oiled-side up, and gently press down.

## 4. Put It All Together

Bake the quesadilla until the top and edges are golden brown, 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve with **Salsa Crema** and the remaining avocado. Enjoy!

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# Pesto & Potato Pizza

**25** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized    Make It Your Own

### EQUIPMENT

Baking Sheet

**If you're a meat eater**, this pizza is great topped with your favorite sausage or pepperoni.

### FROM YOUR PANTRY

Salt & Pepper

Olive Oil

Flour

## Good to Know

### **Health Snapshot per serving (serves 1)**

720 Calories, 33g Fat, 25g Protein, 22 Smart Points

### 4 MEEZ CONTAINERS

Potatoes

Pizza Dough

Basil Spinach

Pesto

Mozzarella

**Lightened up snapshot** – 620 Calories, 20 Smart Points by using  $\frac{3}{4}$  of the pesto

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

INGREDIENTS: Fingerling Potatoes, Whole Wheat Pizza Dough, Mozzarella, Spinach, Parmesan, Olive Oil, Basil, Lemon Juice, Garlic

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### 1. Getting Started

Preheat your oven to 425.

### 2. Prep and Cook the Potatoes

Cut the **Potatoes** into small rounds – you should get about 8 to 10 rounds per potato. (If you have a mandoline, you can use it here.) Toss the potato rounds with 1 Tbsp of olive oil and salt and pepper. Spread the potatoes in a single layer on a baking sheet and roast for 5 to 7 minutes. Move the potatoes to one the side of the baking sheet to allow room to build the pizza.

### 3. Make the Pizza

While the potatoes are cooking, sprinkle your counter with a little flour and stretch the **Pizza Dough** into shape. The size and thickness are up to you, but we target about ¼" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like it.

Put the dough on the baking sheet. Top with ¾ of the **Basil Spinach Pesto** and the roasted potatoes. Spoon dollops of the remaining pesto around the top of the pizza and then top with **Mozzarella**. Bake until the crust is brown and the cheese is melted, 12 to 15 minutes. Enjoy!

*Love this recipe? #meezmagic*

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# Buttermilk Broccoli Salad

**5** Minutes to the Table

**5** Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Broccoli

Toasted Almonds

Cranberries

Red Onion

Buttermilk Dressing

## Put It All Together

Toss the **Broccoli**, **Toasted Almonds**, **Cranberries** and **Red Onion** together in a mixing bowl with half of the **Buttermilk Dressing**. Mix well, then add salt and pepper, plus more dressing to taste. Enjoy!

## Good to Know

### **Health Snapshot per serving (serves 2)**

240 Calories, 12g Fat, 21g Carbs, 7g Protein  
8 Smart Points

### **Have Questions?**

We're standing by at 773.916.6339

INGREDIENTS: Broccoli, Buttermilk, Red Onion, Dried Cranberries, Mayonnaise, Almonds,  
Cider Vinegar, Sugar

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## Health Snapshot

### Lemon Chai Salmon

720 Calories  
30 g Protein  
46 g Fat  
32 g Carbs.  
4 g Fiber  
1729 mg Sod.

23 Smart Points

3% Vit. B6  
0% Vit. B12  
44% Vitamin C

### Quesadilla Tacos

640 Calories  
32 g Protein  
24 g Fat  
63 g Carbs.  
17 g Fiber  
950 mg Sodium

21 Smart Points

247% Vitamin C  
29% Vitamin A  
30% Vitamin B-6

### Barbequed Couscous

505 Calories  
20 g Protein  
11 g Fat  
81 g Carbs.  
8 g Fiber  
777 mg Sod.

17 Smart Points

909% Vitamin A  
130% Vitamin C  
48% Calcium

### Chicken Pot Pie

610 Calories  
50 g Protein  
18 g Fat  
58 g Carbs.  
7 g Fiber  
2921 mg Sodium

18 Smart Points

399% Vitamin A  
58% Vitamin C  
22% Vitamin B6

### Steak Quinoa Bowl

650 Calories  
51 g Protein  
37 g Fat  
31 g Carbs.  
7 g Fiber  
478 mg Sod.

20 Smart Points

160% Vitamin A  
0% Vit- B12  
52% Vitamin C

### Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

#### Salmon

$\frac{3}{4}$  sauce  
645 Calories  
39 g Fat  
20 WW Smart Points

#### Quesadilla

No Changes

#### Couscous

No changes

#### Pot Pie

No pie crust, panko  
breadcrumbs  
430 Calories  
15 g Fat  
11 SmartPoints

#### Steak

No Changes

## Health Snapshot

<b>Mushroom Strata</b>	<b>Tokyo Tilapia Burrito</b>	<b>Ginger-Soy Aioli Rice Bowl</b>	<b>Black Bean Quesadilla</b>	<b>Pesto Potato Pizza</b>	<b>Buttermilk Broccoli Salad</b>
270 Calories	685 Calories	405 Calories	585 Calories	720 Calories	240 Calories
17g Protein	55 g Protein	14 g Protein	23 g Protein	25 g Protein	7 g Protein
12 g Fat	19 g Fat	12 g Fat	16 g Fat	33 g Fat	12 g Fat
25 g Carbs.	75 g Carbs.	60 g Carbs.	51 g Carbs.	81 g Carbs.	21 g Carbs.
4 g Fiber	4 g Fiber	10 g Fiber	14 g Fiber	10 g Fiber	11 g Fiber
272 mg Sodium	1631 mg Sod.	310 mg Sod.	1445 mg Sod.	1440 mg Sodium	65 mg Sod.
9 Smart Points	17 Smart Points	12 Smart Points	17 Smart Points	22 Smart Points	8 Smart Points
10% Vitamin C	144% Vitamin A	223% Vitamin A	7% Folate	112% Vitamin C	3% Vitamin C
13% Vitamin A	18% Vitamin C	33% Vitamin C	23% Calcium	56% Calcium	26% Vitamin E
10% Vitamin B-6	11% Calcium	16% Calcium	25% Vitamin C	121% Vitamin A	0% Vitamin A

### Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

<b>Strata</b>	<b>Tilapia Burrito</b>	<b>Rice Bowl</b>	<b>Quesadilla</b>	<b>Pizza</b>	<b>Broccoli Salad</b>
No Changes	$\frac{3}{4}$ sauce & $\frac{1}{2}$ rice	No Changes	No Changes	$\frac{3}{4}$ pesto	No changes
	625 Calories			620 Calories	
	17 g Fat			25 g Fat	
	16 Smart Points			20 Smart Points	

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.