

Health Snapshot

Cheesy Tomatillo Casserole

330 Calories
13g Protein
6g Fat
60g Carbs.
13g Fiber
281 mg Sodium

10 Smart Points

26% Vitamin C
20% Iron
14% Zinc

Steak and Potato Salad

665 Calories
37g Protein
22g Fat
84g Carbs.
7g Fiber
526 mg Sodium

25 Smart Points

109% Vitamin C
232% Vitamin A
29% Calcium

Brazilian Farro Roasted Pineapple

770 Calories
11g Protein
43g Fat
90g Carbs.
11g Fiber
136 mg Sodium

26 Smart Pts.

100% Vitamin C
48% Vit. B-6

Blackened Salmon Taco

425 Calories
24g Protein
17g Fat
47g Carbs.
7g Fiber
1162mg Sodium

12 Smart Points

17% Vitamin A
11% Vitamin B-6

BBQ Chicken Burrito

555 Calories
49g Protein
15g Fat
58g Carbs.
5g Fiber
685 mg Sodium

16 Smart Points

85% Vitamin C
0% Vitamin B-12
112% Vitamin A

Lighten Up Option

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

Steak and Potato Salad

½ the sauce

520 Calories
17g Fat
19 Smart Points

Farro

½ the sauce and a sprinkle of seeds

500 Calories
6g Protein
15g Fat
82g Carbs.
8g Fiber
135mg Sodium
16 Smart Points

Burrito

No tortillas

500 Calories
30g Fat
13 Smart Points

Health Snapshot

Rotini Di Modena

680 Calories
64g Protein
27g Fat
49g Carbs.
7g Fiber
231 mg Sodium

19 Smart Points

87% Vitamin C
135% Vitamin A
7% Vitamin B-6

Ginger Coconut Stir Fry

440 Calories
21g Protein
18g Fat
54g Carbs
8g Fiber
673 mg Sodium

14 Smart Points

238% Vitamin C
14% Vit. B-6

Mediterranean Flatbread

900 Calories
22g Protein
61g Fat
71g Carbs.
8g Fiber
1369 mg Sodium

32 Smart Points

285% Vitamin A 11%
Vitamin B12 43%
Calcium

Basil Crunch Salad

560 Calories
25g Protein
42g Fat
31g Carbs.
10g Fiber
1358mg Sodium

18 Smart Points

66% Vitamin C
120% Vitamin A
59% Calcium

Spinach Pesto Pizza

710 Calories
35g Protein
35g Fat
68g Carbs.
10g Fiber
866 mg Sodium

26 Smart Points

538% Vitamin A
69% Vitamin C
81% Calcium

Lighten Up Option

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

Rotini

1/2 balsamic cream
sauce

500 Calories
9g Fat
11 Smart Points

Flatbread

1/2 cheese, 1/2 date
glaze

590 Calories
32g Fat
21 Smart Points

Pizza

1/2 cheese, 1/2 pesto
cream

500 Calories
19 g Fat
16 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.

Quick Tips

Cheesy Tomatillo Casserole

35 Min **15 Min** **1 Whisk**
to Table Hands On Super Easy

Getting Started Preheat oven to 450.

Omnivore Option Chorizo tastes great with this recipe.

Brazilian Farro with Roasted Pineapple

30 Min **10 Min** **1 Whisks**
to Table Hands On Super Easy

Getting Started Preheat your oven to 400 and put a saucepan of water on to boil.

Omnivore Option Ground Turkey is delicious in this dish.

Picky Eaters Tip Serve their portion with olive oil instead of the vinaigrette.

All American BBQ Chicken Burrito

25 Min **10 Min** **1 Whisk**
to Table Hands On Super Easy

Getting Started Preheat your oven to 400.

Leftovers Tip Coleslaw makes a great base for a salad.

Bangkok Basil Crunch Salad

5 Min **5 Min** **1 Whisk**
to Table Hands On Super Easy

Getting Started Toss and serve!

Blackened Baja Salmon and Avocado Tacos

30 Min **20 Min** **1 Whisks**
to Table Hands On Easy

When you get your meals Check your avocado. If it is hard, store it on the counter to ripen.

Picky Eater Tip Serve their fish without Cajun seasoning.

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



Rotini Di Modena with Chicken & Spinach

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Leftovers Tip Turn leftovers into a pasta frittata, or just bake with cheese!

Ginger Coconut Stir Fry

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started Put a pot of water on to boil and preheat your oven to 375.

Omnivore Option Salmon or another Fish would be great in this recipe.

Picky Eaters Tip Toss their portion with sesame oil.

Mediterranean Flatbread

40 Min to Table	10 Min Hands On	2 Whisk Easy
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Getting Started Preheat your oven to 425 & take dough out of fridge.

Omnivore Option Shrimp works well in this meal.

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

Steak and Fingerling Potato Salad With Kale and Cranberries

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water onto to boil.

Make Ahead Tip Prepare the potato salad ahead to save time before dinner.

Spinach Pesto Pizza

30 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425 & take the dough out of the fridge.

Picky Eaters Tip Use mozzarella instead of gouda.

Brazilian Farro with Roasted Pineapple

Inspired by our favorite South American flavors. We're tossing farro with delicious cilantro vinaigrette, then mixing in roasted pineapple, sweet potatoes and seasoned sunflower seeds. It's a bowl of deliciousness that will get you planning a trip to Rio.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Rimmed Baking Sheets
- Mixing Bowl
- Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Farro
- Sweet Potatoes
- Pineapple
- Seasoned Sunflower Seeds
- Cilantro Vinaigrette

Make The Meal Your Own

Picky eaters tip – Serve their portion with olive oil instead of the vinaigrette.

Omnivore's Option – Ground turkey is delicious in this dish. Crumble it on the baking sheet with the sweet potatoes and bake both together.

Make Ahead Tip – This dish is just as great cold as it is warm. Cook all of the ingredients up to 2 days in advance and assemble everything (step 6) just before serving.

Good To Know

If you're making the gluten-free version, we've given you brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

Health snapshot per serving – 770 Calories, 11g Protein, 43g Fat, 90g Carbs, 26 Smart Points

Lighten Up Snapshot per serving – 500 Calories, 6g Protein, 15g Fat, 82g Carbs, 16 Smart Points with ½ the sauce and a sprinkle of sunflower seeds.

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

INGREDIENTS: Sweet Potatoes, Farro, Pineapple, Sunflower Seeds, Olive Oil, Lemon, Apple Cider Vinegar, Cilantro, Brown Sugar, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 400 and put a saucepan of water on to boil.

2. Cook the Farro

Salt the boiling water and add the **Farro**. Cook until al dente, about 25 to 30 minutes. Drain, and then return to the pot until you're ready to eat.

3. Roast the Sweet Potatoes

Put the **Sweet Potatoes** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer. Bake until golden brown, about 20 to 25 minutes, stirring once halfway through.

4. Roast the Pineapple

While the sweet potatoes are cooking, put the **Pineapple** on to a rimmed baking sheet. Drizzle with 1 tsp of olive oil and bake until golden brown, about 12 to 15 minutes.

There's no need to stir the pineapple while it's cooking.

5. Toast the Sunflower Seeds

Put the **Seasoned Sunflower Seeds** into a mixing bowl and add 1 tsp of water and ½ tsp olive oil. Mix well, then drain any excess liquid. Add the seeds to one of your baking sheets if there is room (if not, use a clean baking sheet). Bake until they start to blacken in places, about 7 to 10 minutes, stirring once halfway through.

Use a large mixing bowl for this so you can use it when you toss the entire meal in Step #6.

6. Put It All Together

Combine the farro and sweet potatoes in a large mixing bowl with the **Cilantro Vinaigrette**. Mix well, then serve topped with the seeds and pineapple.

*Love this recipe?
#meezmagic*

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

Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious - that's our kind of dinner!

35 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Loaf Pan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn Tortillas
Poblano Peppers
Corn & Beans
Creamy Tomatillo Salsa
Pepper Jack Cheese

Make The Meal Your Own

Omnivore's Option – Chorizo is right at home in this dish. Cook it up separately and add it with the corn mix.

Make ahead tip – Cook the casserole up through the first half of step 4. After you add the pepper jack, refrigerate the casserole. When you're ready to eat, bake for a final 20 minutes.

This dish has a kick from the poblanos and pepper jack cheese. If you'd like a mellower version, you can serve the corn and beans on the tortillas as tacos or tostadas.

Good To Know

Chef Max recommends building your casserole in a loaf pan. If you don't have one, use a 9x9 casserole dish.

Health snapshot per serving – 330 Calories, 13g Protein, 13g Fiber, 10 Smart Points.

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

INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

meezmeals

1. Getting Organized

Preheat your oven to 450.

2. Bake the Corn Tortillas

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes.

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook until hot, about 2 minutes. Season with salt and pepper and set aside.

4. Assemble the Casserole

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your pan, breaking them into pieces to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

Add 1 more tortilla (break it up a bit so it resembles large chips) and the rest of the vegetables and salsa. Break the remaining tortilla into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, cook under the broiler for an additional 5 minutes until the top is golden brown. Enjoy!

Not sure which dish or pan to use? See our note on the other side about choosing the perfect size pan.

Love this recipe? #meezmagic

Instructions for two servings.

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

Steak and Fingerling Potato Salad with Kale and Cranberries

Meez's spin on classic steak and potatoes. We're starting with fresh fingerling potato salad tossed up with kale and cranberries in our favorite feta dressing. Then we're topping it with seared steak for a dinner that's packed with protein. Yum!

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Steak
Fingerling Potatoes
Kale
Onions and
Cranberries
Feta Dressing

Make The Meal Your Own

Want some extra crisp? Roast the potatoes and kale instead of boiling them, as we did in the main version of this recipe. It will take a few minutes longer, but adds a crisp texture and depth of flavor we just love.

Get a jump on dinner by cooking the potato salad ahead. When it's time for dinner, cook up the steak and serve over the chilled salad.

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. Chef Max recommends using ½ tsp of each.

Health snapshot per serving –665 Calories, 22g Fat, 37g Protein, 84g Carbs, 25 Smart Point

Lightened up snapshot – 520 Calories, 17g Fat, 33g Protein, 63g Carbs, 19 Smart Point by using half the dressing.

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

INGREDIENTS: Steak, Fingerling Potatoes, Kale, Red Onion, Feta, Mayonnaise, Cranberries, White Wine Vinegar, Brown Sugar, Garlic, Spices

meez meals

1. Getting Organized

Put a large saucepan of water on to boil.

2. Make the Potato Salad

Cut the **Fingerling Potatoes** into quarters. Add the potatoes to the boiling water and boil until fork tender, but not falling apart, about 10 to 12 minutes. Add the **Kale** and cook until bright green and tender, about 2 to 3 minutes. Drain and remove to a large mixing bowl.

Drain the kale and potatoes well to remove all the extra moisture.

3. As soon as the potatoes are in the water, heat 1Tbsp oil in a skillet over medium high heat. Add the **Onions and Cranberries** and cook, stirring, until the onions are translucent, about 5 to 6 minutes. Remove to the large mixing bowl with the kale and potatoes from step #2.

Add $\frac{3}{4}$'s of the **Feta Dressing** to the mixing bowl with the kale, potatoes, onions and cranberries, and mix until everything is evenly coated, and set aside.

4. Cook the Steak

Return the now-empty skillet to the stove and set over high heat. While the skillet is heating, pat the **Steaks** dry with a paper towel and season generously with salt and pepper (we recommend $\frac{1}{2}$ 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 beef, 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.

5. Put It All Together

Put the potato salad on the plate, top with the steak, drizzle with remaining dressing

Love this recipe? #meezmagic

Instructions for two servings.

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

Blackened Baja Salmon & Avocado Tacos

Omega-3 rich salmon is coated with our Baja seasoning and then paired with creamy avocado and tangy pineapple. Fast, fantastic and full of flavor, don't forget the lemonade and cerveza to complete the meal.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Shallow Pie Pan or Plate
Medium Skillet
Small Skillet (optional)

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Cabbage & Carrots
Coleslaw Dressing
Cajun Seasoning
Salmon
Avocado
Tortillas

Make The Meal Your Own

Salmon has a reputation for being tricky to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes off the heat before you cut into it and check for doneness.

Eating with someone who doesn't love spice? Serve their fish without the Cajun seasoning.

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 – 425 Calories, 17g Fat, 24g Protein, 47g Carbs, 12 Smart Points.

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

INGREDIENTS: Salmon, Corn Tortillas, Carrots, Avocado, Green Cabbage, Red Cabbage, Mayonnaise, Brown Sugar, Cajun Seasoning, White Wine Vinegar, Pineapple, Lemon Juice, Herbs and Spices

meez meals

1. Make the Coleslaw

In a mixing bowl, toss the **Cabbage & Carrots** with the **Coleslaw Dressing**. Season with salt and pepper to taste. Place in the refrigerator to chill until ready to eat.

2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Coat the **Salmon** on all sides with the seasoning and then let sit in the flour for 2 minutes. Give the salmon a second coat in the seasoning.

Heat 2 Tbsp of oil in a medium skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat and let sit for 5 minutes.

3. Slice the Avocado

While the salmon is resting, slice the **Avocado** into even pieces (we usually get about 5 slices per half).

4. Heat the Tortillas and Serve

Heat your **Tortillas** in a small dry skillet on the stove or directly over a gas burner until soft, about 30 seconds per side.

Use a fork to flake the salmon into pieces. Serve in the warm tortillas topped with the coleslaw and avocado. Enjoy!

The fish absorbs the seasoning as it sits, which adds tons of flavor.

The seasoning gets very dark as it cooks, so don't worry if it starts to blacken, it's supposed to be that way.

Use tongs or a slotted spoon to serve the coleslaw, leaving extra dressing behind. That way, your tacos won't get soggy.

Love this recipe? #meezmagic

Instructions for two servings.

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

Rotini di Modena with Chicken & Spinach

This gem starts with a creamy balsamic sauce members have gone wild for. Paired with juicy chicken breast, sautéed spinach and rotini pasta, it's a speedy recipe the family will love.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Mixing Bowl
- Deep Skillet or Large Saucepan

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Rotini Pasta
- Chicken Breast
- Spinach
- Grape Tomatoes
- Balsamic Cream
- Goat Cheese

Make The Meal Your Own

This dish tastes just as great cold as it does hot, so it's perfect as a make-ahead dinner or a quick pack-and-go lunch.

Leftovers Tip – Toss your leftovers in a small casserole dish, top with shredded cheese (Chef Max recommends mozzarella) and bake until the pasta is hot and the cheese is melted, about 10 to 15 minutes.

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

If you're making the gluten-free version, we sent you gluten-free pasta.

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using ¼ tsp of each.

Health snapshot per serving – 680 Calories, 27g Fat, 64g Protein, 49g Carbs, 19 Smart Points

Lightened up snapshot - 500 Calories, 9g Fat, 11 Smart Points with half the balsamic cream sauce.

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

INGREDIENTS: Free-Range Chicken Breast, Grape Tomatoes, Whole Grain Rotini Pasta, Spinach, Heavy Cream, Goat Cheese, Balsamic Vinegar, Brown Sugar, Concentrated Vegetable Stock, Garlic, Herbs

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Rofini Pasta** to the boiling water. Cook until al dente, about 7 to 9 minutes, drain and return to the saucepan. Combine the warm, cooked pasta with the **Spinach** in the saucepan.

3. Prep the Chicken

While the pasta is cooking, pat the **Chicken Breast** dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" 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).

4. Cook the Chicken and Tomatoes

Heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over high heat. When the oil is smoking, add the **Chicken Breast** and **Tomatoes**. Cook until the chicken is browned on one side, about 4 minutes, and then stir. Continue sautéing until chicken is fully cooked, about 3 to 4 more minutes. Add the **Balsamic Cream** and bring to a boil. Turn off the heat. Season with salt and pepper to taste. Remove to a mixing bowl.

Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.

5. Put It All Together

Serve pasta with **Goat Cheese** crumbled on top. Enjoy!

Love this recipe? #meezmagic

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

Ginger Coconut Stir Fry

Fresh Asian at its best. It starts with a bright ginger and coconut milk simmer sauce that's perfect with sautéed broccoli, udon noodles and baked tofu. A fresh nut and herb topping makes it a hit.

25 Minutes to the Table

25 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Seasoned Tofu
Udon Noodles
Broccoli
Coconut Ginger
Sauce
Herbs & Nuts

Make The Meal Your Own

Picky Eaters Tip – Toss their portion with plain sesame oil, instead.

Omnivore's Option – Fish is perfect with this recipe. Grilled salmon would be Chef Max's choice. Serve the sauce over top and finish with the herbs & nuts.

Good To Know

To avoid the noodles clumping after cooking, run them under cold water in a strainer or add 1 Tbsp of oil and toss.

If you're making the gluten-free version, we've given you rice noodles. Soak them in hot water until soft, about 15 to 20 minutes, before tossing with the rest of the ingredients.

Health snapshot per serving –440 Calories, 21g Protein, 8g Fiber, 14 Smart Points

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

INGREDIENTS: Broccoli, Organic Tofu, Coconut Milk, Udon Noodles, Cashews, Lime, Ginger, Soy Sauce, Basil, Cilantro, Miso, Brown Sugar, Spices, Cornstarch

meez_{meals}

1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 375.

2. Bake the Tofu

Put the **Seasoned Tofu** on to a rimmed baking sheet with 1 ½ Tbsp of olive oil. Mix gently, and then bake on the top rack until the seasoning has darkened and the tofu is slightly crisp, about 15 to 20 minutes.

Be gentle as you mix so the tofu doesn't break apart.

3. Cook the Udon Noodles

When the tofu is just about done, salt the boiling water and add the **Udon Noodles**. Cook until al dente, about 10 minutes, then drain.

4. Sauté the Broccoli

While the udon noodles are cooking, heat 2 Tbsp olive oil in a large skillet. When it's hot, add the **Broccoli** and cook until tender, about 5 to 8 minutes. Remove to a bowl.

Test if the oil is hot enough by adding a few grains of salt. When they sizzle, it's ready to cook.

5. Simmer the Sauce

Add the **Coconut Ginger Sauce** to the now-empty skillet and bring to a boil. Lower the heat to a simmer and cook until it thickens to a gravy-like consistency, about 5 to 8 minutes.

Add the noodles, broccoli and tofu and mix well. Serve topped with the **Herbs & Nuts** and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by July 19

All-American BBQ Chicken Burrito

There is nothing like the classic flavors of BBQ to make our mouths water. Our sweet and tangy sauce is drizzled over tender cage-free chicken strips and then baked. Add crunchy coleslaw and then wrap in a soft tortilla and you've got a dinnertime hit.

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Rimmed Baking Sheet
Knife and Cutting Board
Tongs or Slotted spoon
(Optional)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cabbage & Carrots
Coleslaw Dressing
Chicken Breast
Barbecue Sauce
Flour Tortillas

Make The Meal Your Own

Leftovers Tip – Keep any leftover coleslaw and chicken “deconstructed” so you can turn them into different meals. Coleslaw makes a great base for a salad – just mix it with your favorite greens and veggies. And leftover chicken is wonderful on pizza, over rice or in a sandwich.

Our cage-free chickens thrive on an all-natural, vegetarian 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

If you're making the gluten-free version, we've sent you corn tortillas. Serve as tacos filled with chicken and slaw.

Health snapshot per serving – 555 Calories, 15g Fat, 49g Protein, 58g Carbs, 16 Smart Points

Lightened up snapshot – 500 Calories, 30g Fat, 13 Smart Points with no tortillas – to bulk up the meal, add some lettuce to turn it into a burrito bowl.

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

INGREDIENTS: Free-Range Chicken, Flour Tortillas, Barbecue Sauce, Green Cabbage, Red Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Brown Sugar, Lemon Juice, Herbs and Spices

meez *meals*

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prep the Chicken

Place the **Chicken Breast** on a cutting board. Using a sharp knife, slice the chicken into even strips. (We aim for approximately ¼" - ½" slices). Once the chicken is sliced, 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 Coleslaw

In a mixing bowl, toss the **Cabbage & Carrots** with the **Coleslaw Dressing**. Season with salt and pepper to taste. Place in the refrigerator until ready to eat.

4. Cook the Chicken

Spread the chicken strips on a rimmed baking sheet and cook until no pink is showing on the outside, about 5 to 7 minutes.

Stir 2 Tbsp of water into the **Barbecue Sauce**. Add the barbecue sauce to the chicken on the sheet pan and stir to coat. Return to the oven and cook until the sauce has thickened, stirring once halfway through, about 7 to 10 minutes.

The barbecue sauce may seem thin at first, but it will thicken as it cooks.

5. Fill, Fold and Bake the Burrito

Fill the lower half of each **Tortilla** with barbecue chicken and top with the slaw. To roll the burrito: fold the sides in, pull the bottom up over the filling, and then roll. You want to keep a compact bundle, so keep the tortilla wrapped tightly around the filling.

Using a rubber spatula, scrape off any excess barbecue sauce from the now-empty baking sheet. Place the burritos seam side-down on the baking sheet, return to the oven and bake until warm to touch, about 2 minutes. Enjoy!

Use tongs or a slotted spoon to remove the marinated cabbage and carrots from the bowl, leaving the liquid dressing behind. This will prevent your burrito from getting soggy!

Instructions for two servings.

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

Mediterranean Flatbread

How many yummy flavors can you put on one flatbread? We're rubbing a delicious sage glaze over fresh pizza dough, and then topping it with crispy kale, dates, capers and plenty of gouda cheese. A final drizzle of glaze on top finishes off this sunny, sophisticated flatbread.

40 *Minutes to the Table*

10 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Kale
Pizza Dough
Sage Glaze
Gouda & Mozzarella
Dates & Capers

Make The Meal Your Own

Omnivore's Option – Shrimp is a tasty addition. Add it in the last 10 minutes of cooking, tucked under the cheese.

Cooking with a picky eater? Skip the dates and capers on their portion.

Good To Know

If you're making the vegan version, we've left the cheese out of your meal.

Health snapshot per serving – 900 Calories, 22g Protein, g Fiber, 32 Smart Points

Lightened up snapshot – 590 Calories, 32g Fat and 21 Smart Points with half the cheese and half of the glaze.

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Olive Oil, Gouda Cheese, Mozzarella Cheese, Dates, Cider Vinegar, Brown Sugar, Capers, Herbs and Spices

meez *meals*

1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the refrigerator.

Don't forget to take out the dough. Warmer dough is easier to work with!

2. Bake the Kale

Put the **Kale** on a baking sheet and drizzle with 1 Tbsp olive oil, 1 Tbsp of water, and a generous pinch of salt. Toss well and bake until it starts to crisp, about 10 to 15 minutes.

3. Assemble the Flatbread

While the kale is cooking, shape your **Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness.

We usually make two-person pizzas - ours are about 8' wide and 14" long.

Spread 1/3 of the **Sage Glaze** over the dough, rubbing it in with your fingers. Top with the baked kale, pushing it down on to the dough a bit. Top with the **Gouda & Mozzarella, Dates & Capers** and half of the remaining sage glaze. Bake until the crust is golden brown and the cheese melts, about 15 to 20 minutes.

We may have given you extra toppings, don't worry! They make a great side dish!

Drizzle extra glaze on top to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Bangkok Basil Crunch Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Asian Veggies

Organic Tofu

Bangkok Basil

Dressing

Peanuts

Put It All Together

Put the **Asian Veggies** into a large mixing bowl with the **Organic Tofu** and half of the **Bangkok Basil Dressing**. Add salt and pepper and more dressing to taste. Serve topped with the **Peanuts** and enjoy!

Good to Know

Health Snapshot per serving

560 Calories, 25g Protein, 42g Fat, 10g Fiber, 18 Smart Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Organic Tofu, Cabbage, Carrots, Sugar Snap Peas, Peanuts, Vegetable Oil, Rice Wine Vinegar, Tamari, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic

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

Spinach Pesto Pizza

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

4 MEEZ CONTAINERS

Pizza Dough

Sweet Potatoes

Gouda

Spinach Pesto

Cream

Make The Meal Your Own

Want to get a jump on this meal? Cook everything in advance according to instructions. When you're ready to eat, just place the pizza in the oven.

We love gouda. If you're cooking with someone who doesn't, though, mozzarella is a tasty topper, too.

Good to Know

Health Snapshot per serving (serves 1)

710 Calories, 68g Carbs, 35 g Fat, 35g Protein, 24 Smart Points

Lightened up snapshot (1/2 cheese, 1/2 pesto cream)

500 Calories, 65 g Carbs, 19g Fat, 21g Protein, 16 Smart Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Sweet Potato, Gouda, Half and Half, Spinach, Basil, Lemon Juice, Garlic, Spices

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1. **Getting Started**

Preheat your oven to 425 and take the pizza dough out of the fridge.

2. **Roast the Potatoes**

Toss the **Sweet Potatoes** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast 7 to 10 minutes and then move to one side of the baking sheet so you can build the pizza.

3. **Make the Pizza**

While the potatoes are roasting, 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.

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

Love this recipe? #meezmagic

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