



Personalized MindfulMeals Plan Prepared For:  
Jane Doe

Prepared for:  
Month of November, 2010

**Summary of Personalizations:**  
Caloric Count Limit - 1500 kcals/day  
30min or less active preparation time

**Addons:**  
Everything but the Kitchen Sink

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# Week 1

November 1 - November 6

planning · preparation · perfection.



## Menu Calendar - Week 1

M	Scrambled Eggs with Smoked Salmon Roasted Pumpkin Seeds Chinese Chicken & Noodle Salad Sunomono Crab Salad Mastery's Stuffed Peppers Phyllo Napoleons
T	Sweet Potato Waffles Fruit's Best Friend Yellow Pepper Soup Crostini w/ Gorgonzola & Fig Jam Pasta with Roasted Butternut Squash & Shallots Brown Sugar Pavlovas
W	Broccoli Bacon Frittata Curry Popcorn Quinoa, Mango & Black Bean Salad Chipotle Chicken & Hominy Chili Soup Pork Chops with Maple-Mustard Sauce Blackberry Fool in a White Chocolate Shell
Th	Cinnamon French Toast Avocado & Lime Smoothie Turkey Joes Guacamole w/ Roasted Tomatillos Salt & Pepper Shrimp Espresso & Hazelnut Rice Pudding
F	Stuffed Apple Halves White Bean & Black Olive Spread Country Herb Crostini Chilled Corn Soup with Adobo Grilled Chicken with Orange Chipotle Glaze Grilled Goat Cheese & Nectarine Petit Fours
S	Spiced Ginger Grapefruit Sunburst Spritzer Pea and Tarragon Soup Cucumber Salad with Yogurt Dressing Grilled Manchego with Spinach and Plum Chutney Champagne Ice Cream Floats
Su	Berry Oatmeal with Sweet Cream Fresh Kosher Style Dill Pickles Persimmon and Pomegranate Salad with Butter Lettuce Dukkah Turkey and Fontina Melts Cantaloupe with Red Wine Syrup



## Shopping List - Week 1

Item	For Recipe..	Quantity Needed
Agave Nectar	Sunomono Crab Salad	2 tablespoons
Almonds	Chinese Chicken & Noodle Salad	1/2 cup
Bell Pepper	Mastery's Stuffed Peppers	4 Large
Black Pepper	Mastery's Stuffed Peppers, Scrambled Eggs with Smoked Salmon	1 teaspoon
Blueberries	Phyllo Napoleons	1 pint
Brown Rice	Mastery's Stuffed Peppers	1 1/2 cups
Canola Oil	Chinese Chicken & Noodle Salad	1 tablespoons
Carrots	Chinese Chicken & Noodle Salad	1 1/2 cups
Chicken Breasts	Chinese Chicken & Noodle Salad	2 pounds
Cider Vinegar	Chinese Chicken & Noodle Salad	6 tablespoons
Crabmeat	Sunomono Crab Salad	12 ounces
Cream cheese	Fruit's Best Friend	8 ounces
Cucumber	Sunomono Crab Salad	2 cups
Egg Whites	Scrambled Eggs with Smoked Salmon	4 large
Eggs	Scrambled Eggs with Smoked Salmon	4 large
Garlic	Mastery's Stuffed Peppers	1 clove
Ginger	Chinese Chicken & Noodle Salad, Fruit's Best Friend	7 slices
Green Cabbage	Chinese Chicken & Noodle Salad	4 cups
Ground Turkey	Mastery's Stuffed Peppers	1 pound
Lemon Juice	Fruit's Best Friend	1 tablespoon
Lemon Peel	Fruit's Best Friend	1 teaspoon
Lime Juice	Sunomono Crab Salad	1 tablespoon
Maple Syrup	Phyllo Napoleons	1/4 cup
Olive Oil	Mastery's Stuffed Peppers, Scrambled Eggs with Smoked Salmon	2 teaspoons
Onion	Mastery's Stuffed Peppers	1 medium
Orange Juice	Chinese Chicken & Noodle Salad	6 tablespoons
Parsley	Mastery's Stuffed Peppers	1 tablespoon

Item	For Recipe...	Quantity Needed
Phyllo Dough	Phyllo Napoleons	4 sheets
Pumpkin Seeds	Roasted Pumpkin Seeds	1 1/2 cups
Ramen Noodles	Chinese Chicken & Noodle Salad	6 ounces
Red Bell Pepper	Sunomono Crab Salad	1 large
Salt	Chinese Chicken & Noodle Salad, Mastery's Stuffed Peppers, Roasted Pumpkin Seeds	2 teaspoons
Scallions	Chinese Chicken & Noodle Salad, Scrambled Eggs with Smoked Salmon	1 1/2 cups
Seasoned Rice Vinegar	Sunomono Crab Salad	1/4 cup
Sesame Oil	Chinese Chicken & Noodle Salad	1 1/2 teaspoons
Sesame Seeds	Chinese Chicken & Noodle Salad	2 tablespoons
Smoked Salmon	Scrambled Eggs with Smoked Salmon	1 ounce
Sour Cream	Phyllo Napoleons	1 cup
Soy Sauce	Chinese Chicken & Noodle Salad, Sunomono Crab Salad	1/4 cup
Sugar	Chinese Chicken & Noodle Salad, Phyllo Napoleons	15 tablespoons
Sweetened Condensed Milk	Fruit's Best Friend	8 ounces
Tomato Sauce	Mastery's Stuffed Peppers	8 ounces
Unsalted Butter	Phyllo Napoleons, Roasted Pumpkin Seeds	1/2 cup
Walnuts	Phyllo Napoleons	1/3 cup



## Day: Monday

Breakfast: Scrambled Eggs with Smoked Salmon

Lunch: Chinese Chicken & Noodle Salad

Nibble: Roasted Pumpkin Seeds

Dinner:

Appetizer: Sunomono Crab Salad

Main: Mastery's Stuffed Peppers

Dessert: Phyllo Napoleons

Recommended Wine Pairings

# SCRAMBLED EGGS WITH SMOKED SALMON

**Active Preparation Time:** 10 minutes

**Total Time:** 10 minutes

**Servings:** 4

## Nutrition Information Per Serving:

Servings: 4

Amount Per Serving

Calories: 110

Total Fat: 5.74g

Cholesterol: 187mg

Sodium: 183mg

Total Carbs: 1.52g

Dietary Fiber: 0.33g

Sugars: 0.71g

Protein: 11.40g

## Ingredients:

4 large **Eggs**

4 large **Egg Whites**

1 tsp **Olive Oil**

1/2 cup **Scallions**, green tops only, thinly sliced

1 ounce **Smoked Salmon**, thinly sliced

1 pinch **Black Pepper**, or to taste

## Equipment:

Skillet

- 1.** Prep: Slice scallions and smoked salmon. Set aside.
- 2.** Eggs: Whisk eggs & egg whites in a bowl. Add pepper to taste and whisk again until blended.
- 3.** Cook: Heat oil in a nonstick skillet over medium-low heat. Add scallion greens and cook until softened. Pour eggs into skillet and stir, cooking until just set (10-20 seconds). Stir in salmon. Continue to stir and cook until eggs have thickened to desired consistency. Serve immediately.

## CHINESE CHICKEN & NOODLE SALAD

**Notes:** A fan favorite improved with less fat & sodium.

**Active Preparation Time:** 20 minutes

**Total Time:** 30 minutes

**Servings:** 8

### Nutrition Information Per Serving:

Calories: 328

Total Fat: 7.78g

Cholesterol: 72mg

Sodium: 1043mg

Total Carbs: 31.96g

Dietary Fiber: 4.24g

Sugars: 9.39g

Protein: 30.04g

### Ingredients:

6 ounces **Ramen Noodles**

1/2 cup **Almonds, Slivered**

2 tablespoons **Sesame Seeds**

1 tablespoons **Canola Oil**

2 pounds **Chicken Breasts, Boneless, skinless**

6 slices **Ginger, Fresh, 1/4in thick**

1 teaspoon **Salt**

6 tablespoons **Orange Juice**

6 tablespoons **Cider Vinegar**

3 tablespoons **Soy Sauce**

3 tablespoons **Sugar**

1 1/2 teaspoons **Sesame Oil**

4 cups **Green Cabbage, Shredded**

1 1/2 cups **Carrots, Shredded**

1 cup **Scallions, Chopped**

### Special Equipment:

Rimmed Baking Tray or Cookie Sheet

**1.** Prepare:: Preheat oven to 350.°

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**2.** Bake Base Ingredients: Crumble ramen onto rimmed baking sheet. Add the almonds, sesame seeds and canola oil; toss together. Bake for 7 minutes. Stir and then return to oven for another 7 minutes. Remove from oven and allow to cool.

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**3.** Prepare Chicken: Place chicken in saucepan or skillet with enough water to cover. Add ginger and salt, then bring all to a boil. Cover, reduce heat to low and simmer until chicken is cooked and no longer pink in the middle; this should take approximately 10-15 minutes.

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Remove chicken from broth and let cool. Shred, slice or chop chicken into pieces.

Tip: You can pour the broth into an ice cube tray and freeze into cubes for future use as a base for soups, stocks or stews.

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**4.** Make Dressing: Combine OJ, vinegar, soy, sesame oil and sugar into a container with a tight fitting lid; cover and shake vigorously. If you lack this type of container, you can mix the dressing in a blender or just whisk well.

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**5.** Combine: Before serving, combine all elements in a large bowl and mix well.

## ROASTED PUMPKIN SEEDS

**Notes:** Simple and great when you get the feeling to mindlessly chew on something with little work and lots of flavor.

**Active Preparation Time:** 5 minutes

**Total Time:** 35 minutes

**Servings:** 6

### Nutrition Information Per Serving:

Calories: 214

Total Fat: 18.37g

Cholesterol: 10mg

Sodium: 51mg

Total Carbs: 3.46g

Dietary Fiber: 1.93g

Sugars: 0.45g

Protein: 9.79g

### Ingredients:

1 ½ cups **Pumpkin Seeds, Raw, whole**

2 tablespoons **Unsalted Butter**

1 pinch **Salt**

### Equipment:

Rimmed Baking (or Cookie) Sheet

**1.** Toss & roast!: Preheat oven to 300°.

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**2.** Melt butter in microwave or in saucepan.

Toss seeds in a bowl with butter and salt. Spread in a single layer on a baking sheet (use a silpat, foil or parchment on the baking sheet if desired) and bake for about 40 minutes or until seeds are golden brown.

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## SUNOMONO CRAB SALAD

**Notes:** Great small meal, snack, or appetizer.

**Active Preparation Time:** 15 minutes

**Total Time:** 3 hours or overnight

**Servings:** 6

### Nutrition Information Per Serving:

Calories: 99

Total Fat: 0.37g

Cholesterol: 54mg

Sodium: 729mg

Total Carbs: 8.35g

Dietary Fiber: 1.25g

Sugars: 10.85g

Protein: 10.85g

### Ingredients:

2 cups **Cucumber**, Persian or other small, thin-skinned variety

1 large **Red Bell Pepper**

12 ounces **Crabmeat, Pasteurized, pre-packed**

¼ cup **Seasoned Rice Vinegar**

1 tablespoon **Lime Juice**

1 tablespoon **Soy Sauce**

2 tablespoons **Agave Nectar**, Substitute sugar or sweetener of your choice

**1.** Prep veggies & crab: Slice off cucumber ends and slice thinly into rounds (feel free use a Mandolin if you have one).

Slice bell pepper into 2" long strips.

Place both in a bowl and set aside.

Pull crab apart into manageable sized segments if necessary, and sit aside.

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**2.** Liquid Prep: Combine vinegar, lime juice, soy sauce and agave. Add 1/2 cup cold water and mix. (This is ultra-easy if you have a lidded shake/smoothie cup. Just pour ingredients in, shake vigorously, then add with remaining ingredients.)

Once mixed, pour over veggies & crab. Stir gently, then chill several hours or overnight if possible.

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# MASTERY'S STUFFED PEPPERS

**Active Preparation Time:** 20 minutes

**Total Time:** 60 minutes

**Servings:** 4

## Nutrition Information Per Serving:

Calories: 595

Total Fat: 18.53g

Cholesterol: 114mg

Sodium: 1007mg

Total Carbs: 67.81g

Dietary Fiber: 6.58g

Sugars: 7.53g

Protein: 38.62g

## Ingredients:

4 Large **Bell Pepper**

1 ½ teaspoons **Olive Oil**

1 medium **Onion**, Chopped

1 clove **Garlic**, Minced, fresh

1 pound **Ground Turkey**

1 ½ cups **Brown Rice**, Cooked

8 ounces **Tomato Sauce**, or 1 can

1 tablespoon **Parsley**, Chopped, fresh

1 teaspoon **Salt**

¼ teaspoon **Black Pepper**, Ground

**1.** Prepare: Preheat oven to 350°

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**2.** Prep Peppers: Cut off tops of bell peppers and discard. Scoop out seeds. Bring 6-8 cups of water to a boil in a large pot and blanch the peppers until just tender (1 minute). Then drain and cool under cold running water.

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**3.** Prep stuffing: Heat oil in a nonstick skillet over medium heat. Add onion and garlic; cook until softened. Add turkey and cook until pink color is gone. (2-4 minutes total) Drain and set aside.

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**4.** Mix: Combine turkey mixture with brown rice, half of the tomato sauce, parsley, salt and pepper. Stuff peppers. Place peppers into a casserole dish and spoon remaining tomato sauce onto peppers.

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**5.** Bake: Place casserole dish with peppers into oven and bake until peppers are tender and stuffing is cooked through; approximately 30-40 minutes.

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## PHYLLO NAPOLEONS

**Notes:** A simple, fast napoleonesque dessert great for a weeknight when the sweet tooth strikes. Tip: Place remaining baked phyllo sheets in an air-tight container and save for another evening.

**Active Preparation Time:** 8 minutes

**Total Time:** 15 minutes

**Servings:** 8

### Nutrition Information Per Serving:

Calories: 311

Total Fat: 16.44g

Cholesterol: 37mg

Sodium: 71mg

Total Carbs: 37.05g

Dietary Fiber: 1.42g

Sugars: 29.43g

Protein: 2.89g

### Ingredients:

$\frac{3}{4}$  cup **Sugar**

$\frac{1}{3}$  cup **Walnuts**, Finely Chopped

4 sheets **Phyllo Dough**, Thawed

6 tablespoons **Unsalted Butter**, Melted and cooled

$\frac{1}{4}$  cup **Maple Syrup**

1 pint **Blueberries**, Fresh (or substitute seasonal fruit of choice)

1 cup **Sour Cream**, (Do not substitute for low or reduced fat version.)

### Equipment:

Rimmed Baking (or Cookie) Sheet

Cooling Rack

**1.** Preheat!: Preheat oven to 425°. Line a baking sheet with parchment, a silpat, or nonstick foil.

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**2.** Assemble Phyllo: Combine the sugar and walnuts in a bowl.

Separate a single sheet of phyllo from the remaining roll; cover roll with a dampened paper towel or dishcloth. Lay the single sheet on the prepared baking sheet and sprinkle one third of the sugar/walnut mix on top. Repeat with two more sheets of phyllo, stacking the sheets as you go. Lay one final sheet of phyllo on top (do not sprinkle sugar/walnut mixture on top).

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**3.** Bake!: Bake phyllo dough until golden in color, approximately 6 - 8 minutes. Remove from oven and move parchment and phyllo to a cooling rack. Allow to cool completely.

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**4.** Prepare Filling: Combine maple syrup and blueberries in a small saucepan and bring to a boil. Reduce heat to low and simmer for approximately 5 minutes. Scrape into bowl and let cool.

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**5.** Final assembly: Break phyllo dough into squares approximately 4x4. Place a square on each plate, spoon the sour cream on top of each phyllo square, then follow by spooning the blueberries on top of the cream. Finally, cover stack with another phyllo square.

Serve immediately.

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## Wine Pairing for Monday

**Option a)** Beaujolais Brouilly

**Meal Mastery's Sommelier Suggestion:** Georges Duboeuf **Beaujolais Brouilly**

**MM's notes:** A fruity, flavorful and nicely priced red, this one is medium bodied, balanced and smooth with a dry finish & lingering tannins.

**Availability: C**

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**Option b)** Zinfandel

**Meal Mastery's Sommelier Suggestion:** Michael David Phillips **7 Deadly Zins**

**MM's notes:** How can you help but love a wine with such an awesome name? A bold, spicy zinfandel with hints of black pepper, blackberry and raspberry. Well balanced and finishes a bit dry.

**Availability: B**

*Availability Scale:*

*A: Widely available*

*B: Somewhat available (depending upon region)*

*C: Find online*

*D: Rare, but worth the effort*

*Please note: we provide recommendations of two well-suited varietals, and additionally provide a specific wine for each varietal we recommend. We try to select wines that are widely available, but because of the structure of the wine industry, wines may be widely available in one region, state, or city but not in others. We recommend sites like [1000corks.com](http://1000corks.com) to find one of our recommendations near where you live. If you cannot find one of our recommendations locally, there are plenty of great distributors on the web that ship nationally. If you live in a state that does not allow for the shipping of wine to your door then it means it's a great opportunity for you to try something locally available and tell us and the rest of the MM community all about the ones you find that you love!*