

# TO RELIEVE PAIN AND REDUCE INFLAMMATION

**SMART MEAL PLANS FOR ARTHRITIS**



# ARTHRITIS

**7-DAY SAMPLE MEAL PLAN**

**Also includes: Full Recipes, Action Plan, & Healthy Tips**





# " I CHOOSE TO BE HEALTHY "

SMART MEAL PLANNING FOR RHEUMATOID ARTHRITIS

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## About us

SOSCuisine.com is a smart Meal & Grocery Planning service that has been in operation since 2005. It has been developed and is owned by Sukha Technologies Inc., of Montreal, Canada. The company specializes in developing advanced Decision-Support Systems for Nutritional Therapy as well as non-medical applications.

Over 250,000 Canadian families already use the service every week to make smarter food choices, thanks to the variety of healthy meal plans that take advantage of flyer specials at local supermarkets and take into account personal food preferences. The service is available from coast to coast in all ten Canadian Provinces.

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[SOSCuisine.com](http://SOSCuisine.com) – Eating well made easy



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## Smart Meal Plans for RHEUMATOID ARTHRITIS

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These Meal Plans ensure that the specific dietary needs of people with Rheumatoid Arthritis are met, namely for **relieving pain, reducing inflammation** and strengthening the immune system through a healthy diet.

They are based on the **mediterranean diet**, use a maximum of natural (non industrial) foods, and **meet all nutritional recommendations** from the following competent bodies:

- The Arthritis Society (Canada)
- The Arthritis Foundation (USA)
- The Johns Hopkins Arthritis Center (USA)
- Health Canada's Food Guide
- PasseportSanté.net (Canada) Arthrite rhumatoïde: diète spéciale (in French)

Moreover, these Meal Plans are **updated every week** to take advantage of seasonal produce and the **Flyer specials** from your **local grocery stores**.

*N.B. Consult your Doctor if you have a medical condition. We also recommend that you consult a Registered Dietitian and tell her/him that you follow the SOSCuisine Meal Plans.*

### Each week you will receive:

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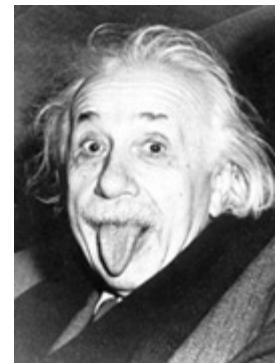
- Your menu for the week, balanced and tailored to your needs
- Fast, easy and delicious recipes for the entire 7-day menu
- A matching grocery list, based on the current Flyer Specials at supermarkets near you
- A step-by-step action plan to help you save time in the kitchen

[Subscribe Today](#)

## Why are these Meal Plans SMART?

Our Meal Plans are smart because they ensure, week after week, that you will eat what is BEST to relieve the pain and reduce the inflammation associated to rheumatoid arthritis and improve your immune system, that you will ENJOY eating and that you will take advantage of the BEST BUYs at the grocery store.

More specifically, these meal plans provide:



- An adapted caloric intake level
- Optimal intakes of vitamins and minerals
- Optimal intakes of fats, carbohydrates, dietary fibre, proteins and sodium
- Optimal intakes of unsaturated and essential fatty acids (especially omega-3)
- No trans fat
- Appropriate number of servings of the 4 food groups of Canada's Food Guide:
  - Fruits and vegetables, including 1 serving of dark green vegetables and 1 serving of orange vegetables every day
  - Grain products, including a majority of whole grain products
  - Low-fat milk and alternatives
  - Meat and alternatives, including fish
- Optimal intakes of foods that are specifically recommended (fatty fish, nuts, legumes, etc.)
- Optimal intakes of foods that need to be limited (red and processed meats, added sugars, etc.)

## Why Meal Plans and why not just recipes?

Since the nutritional recommendations relate to daily and weekly intakes, it is not sufficient to look for 'Rheumatoid Arthritis recipes'.

Properly balanced Meal Plans are the only effective way to ensure that all nutritional recommendations are met. This is what you get week after week with SOS Cuisine. This way, you have support and you're not alone.

And your entire family benefits from a healthy lifestyle, because our Rheumatoid Arthritis Meal Plans are balanced and appropriate for everyone.

## Why SOS Cuisine?

The recommendations for RHEUMATOID ARTHRITIS consist of **50 nutritional targets** that must be attained every day.



Creating meal plans to meet these recommendations without assistance is difficult. Doing it week after week is even more so. That's where we come in, with our unique technology and our team of Dietitians.

### SOUNDS COMPLICATED? Not with SOS Cuisine!

We can provide you with personalized menus that are easy to prepare and that satisfy all the applicable nutritional recommendations. You will be able to enjoy your food without any worries!

## Important advice and useful tips



- Health Canada recommends that, in addition to following Canada's Food Guide, everyone over the age of 50 should take a **daily vitamin D supplement** of 400 IU.
- Choose **canola oil** or extra virgin, cold pressed **olive oil**, which contain many antioxidants and have anti-inflammatory properties.



- For most people, following a balanced diet is sufficient to provide all the recommended nutrients. But, depending on your nutritional status and the medication you are taking, **dietary supplements and / or multivitamins** may also be recommended. Consult your doctor for advice.
- The relation between **allergies, food intolerances** and arthritis is very controversial. If you think you may have a food allergy, talk to your doctor and ask him to refer you to an allergist.
- Be sure to reduce your intake of **oils rich in omega-6**, such as grapeseed oil, soybean oil, sunflower oil, safflower oil, corn oil and wheat germ oil.
- Even though **fish liver oil** is known for its anti-inflammatory properties, it can cause an overdose of vitamin A, which is risky for women who are pregnant or could become so, because it can be harmful to the fetus.



- Avoid fad or "**miracle**" diets.
- **Fasting** is not recommended for rheumatoid arthritis.
- Limit the "**empty calories**" from **alcohol**.

Consult your Doctor if you have a medical condition. We also recommend that you consult a Registered Dietitian and tell her/him that you follow the SOSCuisine Meal Plans.

**Note:** We remind you to read our [Medical Disclaimer](#).

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# My Menu - ARTHRITIS - 1 800 kcal

## Day 1

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### Breakfast:

- Breakfast "Bern"

### Lunch:

- Spicy Red Lentil Soup (*make ahead*), Beet Salad with Mango, Cheese and Two Slices of Whole Wheat Bread
- Caramelised Peaches (*make ahead*)

### PM snack:

- Almonds

### Dinner:

- Oriental-Style Marinated Salmon, Blanched Broccoli and Steamed Basmati Rice
- Yogurt and Berries

## Day 2

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### Breakfast:

- Breakfast "Canton"

### Lunch:

- Spicy Red Lentil Soup (*repeated*), Two Slices of Whole Wheat Bread and Avocado Vinaigrette
- Caramelised Peaches (*repeated*) and One glass of 0% skimmed milk

### PM snack:

- Edamame

### Dinner:

- Chicken "Adobo" (*make ahead*), Blanched Broccoli (*repeated*) and Steamed Brown Rice
- Yogurt and Berries

## Day 3

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### Breakfast:

- Breakfast "Kent"

### Lunch:

- Bagel and Smoked salmon and Beet Salad with Mango (*repeated*)
- Yogurt and Berries

### PM snack:

- Almonds

### Dinner:

- Avocado Vinaigrette
- Oriental-Style Marinated Salmon (*repeated*), Baked Sweet Potatoes with Rosemary and Steamed Quinoa
- One glass of soy beverage

## Day 4

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### Breakfast:

- Breakfast "Bern"

### Lunch:

- Spicy Red Lentil Soup (*repeated*), Mixed Greens and Radish Salad with Feta Cheese and One Slice of Whole Wheat Bread
- Plain yogurt and Fresh Bananas

### PM snack:

- Pistachios

### Dinner:

- Grated Carrot Salad and One Slice of Crispbread
- Chicken and Cauliflower Pie (*make ahead*) and One Slice of Whole Wheat Bread
- Berry Salad

## Day 5

---

### Breakfast:

- Breakfast "Canton"

### Lunch:

- Grated Carrot Salad
- Teriyaki Pork Chops, Blanched Green Beans and Steamed Basmati Rice (*repeated*)
- Yogurt and Berries

### PM snack:

- Peanut Butter Spread

### Dinner:

- Warm Salad with Green Flageolet Beans and Peppers and One Slice of Whole Wheat Bread
- Caramelised Peaches (*repeated*) and One glass of soy beverage

## Day 6

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### Breakfast:

- Breakfast "Canton"

### Lunch:

- Chicken and Cauliflower Pie (*repeated*) and Two Slices of Whole Wheat Bread
- One glass of soy beverage

### PM snack:

- Almonds

### Dinner:

- Chicken "Adobo" (*repeated*), Baked Sweet Potatoes with Rosemary (*repeated*) and Steamed Brown Rice (*repeated*)
- Berry Salad

## Day 7

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### Breakfast:

- Breakfast "Florence"

### Lunch:

- Chicken and Cauliflower Pie (*repeated*) and Two Slices of Whole Wheat Bread
- Plain yogurt and Berry Salad
- One glass of soy beverage

### PM snack:

- Peanut Butter Spread

### Dinner:

- Warm Salad with Green Flageolet Beans and Peppers (*repeated*), Blanched Green Beans (*repeated*) and Steamed Quinoa (*repeated*)
- Sugared Oranges



## My Menu

All SOS Cuisine weekly meal plans include the cost per meal with and without flyer specials, and the associated savings. We also provide you with all the nutritional information for each meal plan, including the number of servings based on Canada's Food Guide.

[EXAMPLE]

Values for the day, per serving, excluding optional ingredients

### Ingredients Cost

\$3.13 normally  
\$2.53 or 19% savings, if you take advantage of Flyer Specials

#### Ingredients Cost

View the average cost per meal for the week and how much you can save with items on sale.  
N.B. EXCLUSIVE TO SOS CUISINE

### Servings of Canada's Food Guide

- Vegetables and Fruit: 5½ servings
- Grain Products: 1¼ serving
- Milk and Alternatives: ¼ serving
- Meat and Alternatives: 1½ serving

#### Servings of Canada's Food Guide

Shows how many servings of Health Canada's 4 main Food Groups are provided daily by the meal plan.

N.B. EXCLUSIVE TO SOS CUISINE

### Nutrition Facts Table

#### Nutrition Facts Table

Presents the daily nutrient content of the meal plan, in strict accordance with Health Canada's rules.

Saturated 4.5 g	23 %
+ Trans 0.2 g	
Cholesterol 25 mg	
Sodium 1000 mg	42 %
Carbohydrate 91 g	30 %
Fibre 12 g	47 %
Sugars 32 g	
Protein 33 g	
Vitamin A	60 %
Vitamin C	210 %
Calcium	40 %
Iron	35 %

\* DV = Daily Value

More info



# My Grocery List

Approximate Cost w/o specials: \$80.24; with specials: \$68.98; savings: \$11.26 or 14 %

## FRUITS & VEGETABLES

7	apples	1.2 kg)	1	grapefruits, or orange	(300 g)
1/4 bunch	arugula	(40 g)	3 1/2	green onions/scallions	(52.5 g)
1/2	avocados	90 g)	1/4	green peppers	(40 g)
6 tbsp	baby spinach [optional]	(6 g)	1	kiwis	(90 g)
2	bacon, or other cooking fat	(20 g)	1 1/2	lemon	(75 mL)
1	bananas	150 g)	1/2	lemons	60 g)
2 1/2	beetroot	(320 g)	1/2	mangoes	(15 mL)
170 mL	blueberries	(80 g)	100 g	mini tomatoes (cherry, miniature or grape)	(300 g)
2/3	broccoli	Once you receive your menu we make it simple for you to shop by providing you with a shopping list based on your meal plan.	100 g	mixed greens	(190 mL)
6	button (white) mushrooms	(30 g)	6 cups	mixed greens	(150 g)
4 1/2	carrots	(460 g)	1 1/2	onions	(300 g)
1/4	celeriac	(160 g)	2	oranges	360 g)
3 stalks	celery	(220 g)	1/4	papaya, red, ripe	(380 g)
1/2 tbsp	chives, fresh [optional]	(2 g)	2	potatoes	400 g)
1	cucumbers, medium size	(260 g)	1	radishes [optional]	(16 g)
1/4 cup	fresh dill [optional]	(9 g)	125 mL	raspberries	(65 g)
2 tbsp	fresh mint	(6 g)	1/8	Savoy cabbage, or green	(24 g)
1/2 tbsp	fresh paprika	(1 g)	1	strawberries	(20 g)
8 cloves	garlic	(1 g)	170 mL	tomatoes	(100 g)
1/2 tsp	gingerroot	(3 g)	1	tomatoes, Roma type	120 g)
1	grapefruit	(300 g)	1	tomatoes, Roma type	(70 g)

**Subscribe and start your personal Meal Plan today!**

## DAIRY PRODUCTS & EGGS

1 tbsp	butter, unsalted	(14 g)	750 mL	milk, skimmed, 0%	(3 cups)
3 tbsp	Cheddar cheese	(12 g)	1 tsp	Parmesan cheese [optional]	(1 g)
1 slice	cheese, low-fat	(22 g)	330 mL	yogurt with sterols	
1 tbsp	cream cheese, light	(9 g)	250 mL	yogurt, plain, 2%	(260 g)
1	eggs	(size average)	500 mL	yogurt, plain, less than 1% M.F.	(550 g)
26 g	feta cheese				

## My Action Plan

This guide shows you step by step what to do and when to cook. This minimizes the time you spend in the kitchen, avoids oversights and wasted food. It suggests what to prepare in advance, what to take out of the freezer and when, etc..

### N.B. EXCLUSIVE TO SOS CUISINE

Here is your Action Plan for the week, which will help you prepare the dishes proposed in the meal plan **ARTHRITIS - 1,800 kcal**.

This Action Plan is designed to **minimize the time you'll spend in the kitchen on weekdays**, about **30 min per meal** average, while ensuring high-quality and variety. You may change the order of the meals, but remember that:

- Fresh fish should be eaten within a couple of days after buying.

### As soon as you come back from grocery shopping:

- Marinate the pork for the **Teriyaki Pork Chops** (Day 5) then put it in the freezer.

### As soon as you have time (1 h 20 min in-kitchen)

Make the following recipes that can be prepared in advance. Do these tasks in parallel:

- Prepare (10 min) and cook (25 min) the **Spicy Red Lentil Soup**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Prepare (15 min) and cook (30 min) the **Chicken "Adobo"**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Cook (30 min) the beetroots for the **Beet Salad with Mango**.
- Prepare (5 min) and cook (10 min) the **Caramelised Peaches**.
- Prepare and partially cook (25 min total) the **Chicken and Cauliflower Pie** up to step 5 included. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- If necessary, prepare (5 min) the **Classic Vinaigrette**.
- If necessary, prepare (10 min) and cook (35 min) the **Homemade Granola**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.

### Not to be forgotten during the week:

**Day 1:** In the morning or at the latest 1 h before eating:

- Marinate the fish for the **Oriental-Style Marinated Salmon**.

**Day 4:** Must do for the next day (Day 5):

- Take out of the freezer the marinated pork for the **Teriyaki Pork Chops** then put it in the refrigerator.

## Example Recipe

### Shrimp, Tomato, and Basil Pasta

★★★★★ 41 Reviews 97% would make this recipe again  
★★★★★ Review this recipe



2 servings ▾

Preparation 15 min / Cooking 10 min

\$5.32 per serving / \$3.13 with specials

530 calories per serving - See all nutrition

Version: Original

#### Cost per serving

With the current Flyer Specials, valid in your area when you view the recipe!

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#### Key recipe features

Find out if the recipe is a Deal of the week, if it can be frozen, if it is Kid-friendly, Nut-free, and many more.

L N H D

#### Other recipe versions

See the other versions available for the recipe, such as: Gluten-Free, Vegetarian, Alcohol-Free, etc.

#### Share the recipe with your friends

Let people on Facebook know you enjoyed your meal.

Like

Be the first of your friends to like this.

RECIPE

NUTRITION INFO

REVIEWS (41)

MY NOTES (1)

#### Ingredients

2 tbsp	olive oil	300 g
12	shrimp, large, peeled and deveined	
1 clove	garlic, minced	
2 tsp	Parsley and Garlic Base (Recipe)	
1/4 cup	canned tomatoes (diced or chopped)	
12	mini-tomatoes (cherry, miniature or grape), halved	3/4 cup
1/8 tsp	cayenne pepper	0.4 g
150 g	linguine	
10 leaves	fresh basil, torn into small pieces, with some whole leaves for garnish	5 tbsp
1 tsp	chives, fresh, finely chopped	1 g
	salt to taste	
	ground pepper to taste	

#### Add Personal Notes

Add your private notes like recipe modifications or things you want to try next time.

#### What's on sale this week!

Find out which items are on sale in your area.  
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#### Before you start

Keep the serving dishes in the oven at the lowest setting so they are warm when you serve.

Put a colander in the sink to drain the cooked pasta so that it will be ready when needed.

#### Method

- Heat half of the oil in a large pan over high heat. Add the shrimp, then cook until they are opaque throughout and pink-coloured, turning occasionally, 3-4 min. Season with salt and pepper. Take the shrimp out of the pan, transfer them to a bowl and keep them warm.
- Add the remaining oil to the same pan, then add the garlic and sauté 1 min until fragrant. Add the Parsley and Garlic Base and the canned tomatoes, then cook 8-10 min over low heat, until they become soft and saucy. Add the mini-tomatoes and cayenne pepper. Continue to cook 2-3 min, then
- While the sauce is cooking, put the drained linguine in the same pan. Toss the pasta with the sauce, then add the shrimp, torn basil leaves and chives. Season with salt and pepper, then toss well to combine. Serve immediately, garnished with whole basil leaves if desired.
- Put the drained linguine in the same pan, then add the shrimp, torn basil leaves and chives. Season with salt and pepper, then toss well to combine. Serve immediately, garnished with whole basil leaves if desired.

#### Integrated Glossary

Click on highlighted text to see their definition



## Nutritional Information for recipes (example)

[RECIPE](#)[NUTRITION INFO](#)[REVIEWS \(41\)](#)[MY NOTES \(0\)](#)

### DIABETES Exchanges

1 serving of this recipe is equivalent to:

Food Group	Exchanges
Starches	3½
Vegetables	½
Meat and Alternatives	3½
Fats	2½

### DIABETES Exchanges

Complete Diabetes Exchanges/Choices info for recipe swapping and other purposes.

### Nutrition Facts Table

#### Nutrition Facts

Presents the recipe's nutrient content, in strict accordance with Health Canada's rules.

Fat 14 g	22 %
Saturated 2 g + Trans 0 g	11 %
Cholesterol 265 mg	
Sodium 540 mg	22 %
Carbohydrate 60 g	20 %
Fibre 4 g	17 %
Sugars 3 g	
Protein 39 g	
Vitamin A	35 %
Vitamin C	25 %
Calcium	8 %
Iron	40 %

\* DV = Daily Value

### Servings of Canada's Food Guide

1 serving of this recipe is equivalent to:

- Vegetables and Fruit: ¾ serving
- Grain Products: 2¾ servings
- Milk and Alternatives: 0 serving
- Meat and Alternatives: 1¾ serving

[More info](#)

### Servings of Canada's Food Guide

Shows how many servings of Health Canada's 4 Food Groups are provided by the recipe.

N.B. EXCLUSIVE TO SOS CUISINE

### Claims

#### Free :

Added Sugar, Trans Fat

#### Low :

Saturated Fat, Sodium

#### Source of :

Calcium, Pantothenic Acid, Vitamin B1,  
Vitamin B2, Vitamin C

#### Good source of :

Fibre, Folacin, Potassium, Vitamin B6

#### Excellent source of :

Copper, Iron, Magnesium, Manganese,  
Niacin, Phosphorus, Selenium, Vitamin A,  
Vitamin B12, Vitamin E, Vitamin K, Zinc

#### Diet-related health claims :

Artery-healthy, Heart-healthy

[More info](#)

### Nutrient-content and Health Claims

Calculated in strict accordance with Health Canada's stringent rules and criteria.

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