



The smarter way
to eat well and
save money!

SMART MEAL PLANS

Menus against Chronic Inflammation

SOSCuisine is a meal planning service developed by nutrition experts.

You will be provided with personalized menus based on your needs and goals.

Let yourself be guided towards wellness!



Developed in collaboration with :



Jacqueline
Lagacé,
Ph.d.



info@soscuisine.com

Day 1 (example)

Breakfast	<ul style="list-style-type: none"> • Breakfast "Irène"
Snack	<ul style="list-style-type: none"> • Pistachios
Lunch	<ul style="list-style-type: none"> • Sweet Potato Soup [L.F.] [L.S.] • Super-Quick Lentil Salad • Bread, gluten-free (1 slice) 
Snack	<ul style="list-style-type: none"> • Orange & Almonds
Dinner	<ul style="list-style-type: none"> • Steamed Sole with Vegetables • Steamed Quinoa • Homemade Soy-Yogurt 

✔ A growing body of research suggests that changes in one's diet could alleviate - and in certain cases, even bring an end to - chronic pain and allow people with chronic inflammatory diseases to lead a normal life. This diet, which targets chronic inflammation, is also known as the hypotoxic diet. It also shares most aspects of the ancestral or paleolithic diet, except for the presence of grains and legumes, which are excluded from the paleolithic diet.

✔ **Our meal plans against CHRONIC INFLAMMATION are designed to relieve and, in certain cases, even lead to remission of numerous chronic diseases, through targeted nutrition.** Within the framework of scientific research, this diet was tested for 115 diseases and positive results were observed for 91 of them, including rheumatoid polyarthritis, arthrosis, fibromyalgia, etc.

✔ Based on the recommendations of Jacqueline Lagacé Ph.D. and of Dr. Seignalet, these meal plans ensure recommended amounts of vitamins and minerals, in order to avoid any risk of deficiency.

✔ The suggested recipes contain no food that may cause inflammation, such as animal milk, wheat and other grains containing gluten, corn, cooked meats, etc.

Animal milks are replaced by milk substitutes, such as fortified soy, rice and almond beverages.

Alternatives to cereals containing gluten are numerous and allow a varied diet. Over the week, the menus offer delicious recipes of quinoa, buckwheat, rice, tapioca, etc.

✔ Meat (especially red meat) is allowed in limited amounts, as long as the cooking temperature is low.

Menus against chronic inflammation will make you discover delicious alternatives to meat, such as legumes and fish rich in omega-3.

✔ To limit added sugars, desserts are often fruit-based. This also promotes the intake of antioxidants that help protect against chronic inflammation.

» I want to overcome pain!

Fast, easy and delicious recipes

Steamed Sole with Vegetables

★★★★★ 1 Review 100% would make this recipe again
★★★★★ Review this recipe



4 servings ▾

Preparation 10 min / Cooking 15 min

310 calories per serving [See all nutrition info]



Like Be the first of your friends to like this.

Select the number of servings

Recipe features

Very easy, Gluten-free, Nut-free...

Share recipes that you enjoy with your friends

Your personal notes

Add private notes such as your personal adjustments for next time

Integrated glossary

Click here for a detailed explanation.

RECIPE NUTRITION INFO REVIEWS (1) MY NOTES (0)

Ingredients

3 tbsp	olive oil	45 mL
1	onions, coarsely chopped	200 g
2 cloves	garlic, minced	
2	zucchini, cut into dices	260 g
1	yellow or red sweet peppers, cut into squares	200 g
16	mini-tomatoes (cherry, miniature or grape), halved	1 cup
12	button (white) mushrooms, quartered	170 g
	salt to taste	
	ground pepper to taste	
2 tbsp	Parsley and Garlic Base (Recipe)	30 ml
4	sole fillets	600 g
2 tbsp	lemon juice, freshly squeezed	3/4 lemon
1/2	green onions/scallions, finely chopped [optional]	7.5 g

Before you start

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

Method

1. **Prepare the vegetables:** Coarsely chop the onion and mince the garlic. Cut all the other vegetables into pieces of about the same size. Set them aside.
2. Heat the oil in a skillet, over medium heat. Add the onion and garlic and **sauté** 1 min, with **stirring**, then add all the other vegetables. Season with a little salt and pepper, then continue to cook, with occasional stirring, until **al dente**, about 8 min. **Stir** in the **parsley and garlic base** and cook 1 min.
3. Sprinkle the sole fillets with the lemon juice, then place them on top of the vegetables. Cover and cook about 5 min over medium heat. The fillets are cooked when they turn opaque. Add a little salt on the fillets, garnish with optional green onions then serve on the warmed plates.

Recommended side dishes

- Steamed Brown Rice
- Steamed Basmati Rice
- Barley Pilaf

Detailed Nutritional Information

RECIPE
NUTRITION INFO
REVIEWS (1)
MY NOTES (0)

DIABETES Exchanges

1 serving of this recipe is equivalent to:

Food Group	Exchanges
Vegetables	1½
Meat and Alternatives	3½
Fats	2

[More info](#)

[Check out our Meal Plans for Type 2 Diabetes](#)

Nutrition Facts Table

Nutrition Facts	
per 1 serving (320g)	
Amount	% DV*
Calories 310	
Fat 15 g	24 %
Saturated 2 g	11 %
+ Trans 0 g	
Cholesterol 80 mg	
Sodium 140 mg	6 %
Carbohydrate 12 g	4 %
Fibre 2 g	9 %
Sugars 5 g	
Protein 31 g	
Vitamin A	30 %
Vitamin C	110 %
Calcium	6 %
Iron	8 %

* DV = Daily Value

[More info](#)

Servings of Canada's Food Guide

1 serving of this recipe is equivalent to:

- **Vegetables and Fruit:** 2½ servings
- **Grain Products:** 0 serving
- **Milk and Alternatives:** 0 serving
- **Meat and Alternatives:** 1½ serving

[More info](#)

Claims

Free :
Added Sugar, Trans Fat

Low :
Calories, Saturated Fat, Sodium

Source of :
Calcium, Copper, Fibre, Iron

Good source of :
Folacin, Manganese, Pantothenic Acid, Vitamin B1, Zinc

Excellent source of :
Magnesium, Niacin, Phosphorus, Potassium, Selenium, Vitamin A, Vitamin B12, Vitamin B2, Vitamin B6, Vitamin C, Vitamin D, Vitamin E, Vitamin K

[More info](#)

All nutritional information

Because you have the right to know what you eat!

My Grocery List

FRUITS	
<input type="checkbox"/>	Need 1 bananas (150 g)
<input type="checkbox"/>	Need 120 g blackberries (250 mL)
<input type="checkbox"/>	Need 60 g blueberries (125 mL)
<input type="checkbox"/>	Need 3/4 lemon (38 mL)
<input type="checkbox"/>	Need 1 oranges (180 g)
<input type="checkbox"/>	Need 100 g raspberries (190 mL)
<input type="checkbox"/>	Need 150 g strawberries (250 mL)
VEGETABLES	
<input type="checkbox"/>	Need 1/2 aubergines / eggplants, small size (90 g)
<input type="checkbox"/>	Need 5 1/2 carrots (550 g)
<input type="checkbox"/>	Need 6 stalks celery (420 g)
<input type="checkbox"/>	Need 1/4 cucumbers, medium size (65 g)
<input type="checkbox"/>	Need 4 cloves garlic
<input type="checkbox"/>	Need 180 g green/snap beans (1 3/4 cup)
<input type="checkbox"/>	Need 1/2 green onions/scallions
<input type="checkbox"/>	Need 180 g mini-tomatoes (cherry, miniature or grape) (330 mL)
<input type="checkbox"/>	Need 1 3/4 onions (360 g)
<input type="checkbox"/>	Need 1 1/2 potatoes (300 g)
<input type="checkbox"/>	Need 1 shallots (40 g)
<input type="checkbox"/>	Need 110 g spinach (4 cups)
<input type="checkbox"/>	Need 2 zucchini (260 g)
<input type="checkbox"/>	Need 1/2 yellow or red sweet peppers (100 g)
<input type="checkbox"/>	Need 2 tomatoes (240 g)
FRESH HERBS	
<input type="checkbox"/>	Need 4 leaves fresh basil (2 tbsp)
<input type="checkbox"/>	Need 1 g fresh cilantro (1/2 tbsp)
<input type="checkbox"/>	Need 3 g fresh dill (4 tsp)
<input type="checkbox"/>	Need 1 g chives, fresh (1 tsp)
<input type="checkbox"/>	Need 6 g fresh mint (2 tbsp)
<input type="checkbox"/>	Need 2 g Italian parsley, fresh (1 1/4 tsp)
DAIRY PRODUCTS & EGGS	
<input type="checkbox"/>	Need 1 eggs size large
MEAT & POULTRY	
<input type="checkbox"/>	Need 7 chicken thighs, boneless, skinless (460 g)
FISH & SEAFOOD	
<input type="checkbox"/>	Need 260 g salmon fillet
OTHER REFRIGERATED ITEMS	
<input type="checkbox"/>	Need 14 g margarine non-hydrogenated (1 tbsp)
<input type="checkbox"/>	Need 750 mL rice beverage (3 cups)
<input type="checkbox"/>	Need 1.25 L soy beverage, unsweetened, fortified (5 cups)
<input type="checkbox"/>	Need 1 pack yogurt starter (5 g)
FROZEN FOODS	
<input type="checkbox"/>	Need 220 g edamame/soybeans, unshelled (2 cups)
PASTA, RICE & GRAINS	
<input type="checkbox"/>	Need 110 g arborio rice (2/3 cup)
<input type="checkbox"/>	Need 120 g basmati rice (2/3 cup)
<input type="checkbox"/>	Need 130 g brown rice (3/4 cup)
BAKERY	
<input type="checkbox"/>	Need 3 rice cakes (30 g)
BAKING PRODUCTS	
<input type="checkbox"/>	Need 12 g sugar (1 tbsp)
SPICES & DRIED HERBS	
<input type="checkbox"/>	Need 0.4 g cayenne pepper (1 pinch)
<input type="checkbox"/>	Need 1 g coriander seeds (1 tsp)
<input type="checkbox"/>	Need 4 g ground cumin (1/2 tbsp)
<input type="checkbox"/>	Need 5 g curry powder (1/2 tbsp)
<input type="checkbox"/>	Need 1/2 dried chili peppers (0.4 g)
<input type="checkbox"/>	Need ground pepper to taste
<input type="checkbox"/>	Need 0.4 g dried oregano (1/2 tsp)
<input type="checkbox"/>	Need 4 g turmeric (1/2 tbsp)

The grocery list is an example.

The grocery list is available on your smartphone and can be organized by store departments and/or by supermarkets.

SOSCuisine simplifies your life and saves you time and money:

- Eliminate waste through smart planning
- Avoid going back and forth to the supermarket
- Only buy what is necessary
- Buy less ready-to-eat meals (mass-produced)
- Take advantage of the flyers' specials

OIL & VINEGAR	
<input type="checkbox"/>	Need 30 mL canola oil (2 tbsp)
<input type="checkbox"/>	Need 75 mL olive oil (5 tbsp)
<input type="checkbox"/>	Need 8 mL extra virgin olive oil (1/2 tbsp)
CONDIMENTS	
<input type="checkbox"/>	Need 30 mL hummus spread (2 tbsp)
<input type="checkbox"/>	Need 45 mL mayonnaise (3 tbsp)
<input type="checkbox"/>	Need 90 g black olives (100 mL)
<input type="checkbox"/>	Need 3 drops Tabasco sauce (0.63 mL)
NUTS & DRIED FRUITS	
<input type="checkbox"/>	Need 8 g almond butter (1/2 tbsp)
<input type="checkbox"/>	Need 45 g sunflower seeds (1/3 cup)
<input type="checkbox"/>	Need 100 g walnuts (1 cup)
CANNED FOOD	
<input type="checkbox"/>	Need 420 mL chickpeas/garbanzo beans (canned) (1 2/3 cup)
<input type="checkbox"/>	Need 375 mL red beans (canned) (1 1/2 cup)
<input type="checkbox"/>	Need 5 sardines, tinned (100 g)
<input type="checkbox"/>	Need 190 mL canned tomatoes (diced) (190 g)
<input type="checkbox"/>	Need 250 mL canned tomatoes, low sodium (260 g)
DRY GOODS & OTHERS	
<input type="checkbox"/>	Need 625 mL chicken broth, low-sodium (2 1/2 cups)
<input type="checkbox"/>	Need 190 mL chicken broth (3/4 cup)
<input type="checkbox"/>	Need 4 g green tea (2 tsp)
<input type="checkbox"/>	Need 45 g red-orange lentils (dried) (65 mL)
<input type="checkbox"/>	Need 16 g peanut butter (1 tbsp)
<input type="checkbox"/>	Need 0.1 g salt to taste (1 pinch)
<input type="checkbox"/>	Need 375 mL vegetable broth (1 1/2 cup)
GLUTEN-FREE	
<input type="checkbox"/>	Need 6 slices gluten-free bread
<input type="checkbox"/>	Need 160 g gluten free/wheat free spaghetti
BEER, WINE & SPIRITS	
<input type="checkbox"/>	Need 65 mL white wine (1/4 cup)

MY NOTES / OTHER ITEMS	

My Action Plan

Here is your Action Plan for the week, which will help you prepare the dishes proposed in the meal plan **Chronic Inflammation**.

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 and seafood should be eaten within a couple of days after buying.

As soon as you have time (1 h 30 min in-kitchen)

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

- Prepare (20 min) and cook (1 h) the **Salmon "Risotto" [slow cooker]**.
- Prepare (10 min) and cook (20 min) the **Carrot and Mint Soup**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Prepare (10 min) and cook (30 min) the **Vegetable and Bean Ratatouille**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Prepare (10 min) and cook (5 h 30 min) **Chicken and Spinach Curry [slow cooker]**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- If necessary, prepare (5 min) and cook (10 min) the **Homemade Soy-Yogurt** (14 h incubation).
- If necessary, prepare (5 min) the **Classic Vinaigrette**.

This step-by-step action plan explains what to do and when to do it. It allows you to minimize the time you spend in the kitchen, to prevent you from forgetting steps and to avoid food wastage.

***SOSCUISINE EXCLUSIVE**

My SOS Cuisine, A personalized service

The meal plans are fully customizable. They can be personalized and modified, as you want, when you want.

I choose **my meal plan** and state my allergies / intolerances

My Meal Plan: **Chronic Inflammation** for **2**

Video Tutorial Tips & FAQ

My Menu | Modify if needed | My Grocery List | My Action Plan

See list view

Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Average

Breakfast:

- Breakfast "Hillary"

AM snack:

- Edamame

Lunch:

- Carrot and Mint Soup [L.S.] [L.F.] [G.F.] (make ahead), Super-Quick Lentil Salad and Bread, gluten-free (1 slice)
- Homemade Soy-Yogurt (make ahead) and Fresh Strawberries

PM snack:

- Carrot & Celery

Dinner:

- Salmon "Risotto" [slow cooker] (make ahead)
- Cabbage and Arugula Salad
- Papaya Cream [L.F.]

Show cost and nutrition info

I select the number of **servings**

I modify **my shopping list**, as required

I **add or delete** recipes

I **substitute** meals to fit my

Meal Suggestions

- Curried Lentil and Spinach Soup [L.F.]**, Cabbage and Arugula Salad, Bread, gluten-free (2 slices), Fresh Pears & Homemade Soy-Yogurt
660 calories per serving
- Quick Green Flageolet Bean Soup [L.F.] [L.S.]**, Sautéed Chinese Broccoli [G.F.], Steamed Brown Rice & Homemade Soy-Yogurt
470 calories per serving
- Mackerel fillets simmered in soy sauce [G.F.]**, Steamed Basmati Rice, Sautéed Fiddleheads & Fresh Pears
560 calories per serving
- Vegetable and Bean Ratatouille**, Steamed Basmati Rice, Melon & Homemade Soy-Yogurt
550 calories per serving
- Orange-flavoured Clam and Fish Soup [G.F.]**, Fresh Grapes & Homemade Soy-Yogurt
510 calories per serving

I know the **exact nutritional value**

DIABETES Exchanges

1 serving of this recipe is equivalent to:

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Vegetables	1½
Meat and Alternatives	3½
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More info

Check out our Meal Plans for Type 2 Diabetes

Nutrition Facts Table

Nutrition Facts		
per 1 serving (320g)		
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+ Trans	0 g	
Cholesterol	80 mg	
Sodium	140 mg	6 %
Carbohydrate	12 g	4 %
Fibre	2 g	9 %
Sugars	5 g	
Protein	31 g	
Vitamin A		30 %
Vitamin C		110 %
Calcium		6 %
Iron		8 %

*DV = Daily Value

More info

Servings of Canada's Food Guide

1 serving of this recipe is equivalent to:

- Vegetables and Fruit: 2½ servings
- Grain Products: 0 serving
- Milk and Alternatives: 0 serving
- Meat and Alternatives: 1½ serving

More info

» I choose my personalized Program!

Subscribers' Testimonials

« I am 53 years old. 12 years ago, when I stopped smoking, I decided to make the most of this change to improve my lifestyle by including more exercises and a better diet. I can honestly say that I did all I could: swimming 3 times a week, at least 40 minutes of walking every day, 1 or 2 sessions of yoga per week...

But despite all these good habits that I followed religiously, my health condition continued to deteriorate... I thought nothing could be done about this and that short of a miracle, I couldn't do anything for the articular and muscular pain, that I would never lose weight either and that I had to resign myself to restricting my activities because I needed to sleep a lot.

I'm now talking about all this in the past tense. In my case, the change is so radical that if it were not for multiple testimonials, I would think that I was a victim of hallucination! ... Everything improved very quickly, in less than a week, after I completely stopped consuming milk, wheat and wheat-related grains... I hope that reading my testimonial will encourage people who may not have any specific medical diagnosis and who just think that tiredness and all these pains are normal after turning fifty. Thank you again and again!!!»

Johanne
Quebec, Canada

« Chronic diseases such as cancer, diabetes and cardiovascular diseases can be prevented by not smoking, exercising and a following a healthy diet. As obesity is the common denominator in all these diseases, relearning how to cook has become a priority, in order to reap the extraordinary benefits of a healthy diet on our health and wellbeing.



The SOS Cuisine website is, in this respect, remarkably well built and it enables all those who want to discover simple and healthy recipes, to benefit from the incredible work that has gone into the development of the website.

In fact, the SOS Cuisine formula helps to put into practice the most recent prevention-related recommendations, by proposing menus based on fresh, non-processed ingredients, and which are within everyone's reach as they are reasonably priced and easy to prepare. I congratulate the whole SOS Cuisine team and encourage them to continue.»

Richard Béliveau, Ph. D.
Director, Laboratory of Molecular Medicine
UQÀM (Université du Québec à Montréal)

Plans & Pricing



I subscribe!

Premium

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[See details >>](#)

VIP

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 - Personal Trainer or
 - Personal Cook

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