

**“I CHOOSE TO BE HEALTHY”**

**SMART MEAL PLANS FOR A HEALTHY HEART**



# **HEART HEALTHY**

**7-DAY SAMPLE MEAL PLAN**

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





# " I CHOOSE TO BE HEALTHY "

## SMART MEAL PLANNING FOR HEALTHY HEART

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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.

Sukha Technologies Inc.  
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#### CUSTOMER SERVICE:

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



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## Smart Meal Plans for a HEALTHY HEART

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These Meal Plans are designed to meet the latest nutritional recommendations from the Heart & Stroke Foundation, which is Canada's leading organization for the elimination of heart disease and stroke.

They also meet all recommendations from Canada's Food Guide, the American Heart Association, and the DASH Eating Plan of the U.S. Department of Health and Human Services, with regards to heart diseases and stroke.

Our Heart Healthy Meal Plans are appropriate for people with **high blood pressure**, **high blood cholesterol** or **hypertriglyceridemia**, who wish to reduce their risk of heart disease and stroke through healthy eating. They are also designed to prevent the risk of relapse.

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

*N.B. It is essential that you consult your Doctor if you face a medical condition and it is recommended that you also consult a Registered Dietitian.*

### 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](#)

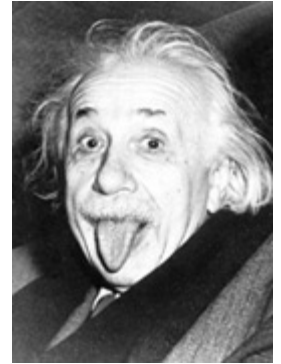
## Why are these Meal Plans SMART?

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Our Meal Plans are smart because they ensure, week after week, that you will eat what is best for your heart's HEALTH, that you will ENJOY eating and that you will take advantage of BEST BUYS at the grocery store.

More specifically, these meal plans provide:

- no trans fat
- lower intakes of saturated fat, cholesterol and sodium than the allowed maximum
- optimal intakes of 'good' fats such as poly- and mono-unsaturated fats and phytosterols
- optimal intakes of dietary fibre, calcium, vitamins and minerals
- all your servings of the 4 food groups of Canada's Food Guide, of which:
  - 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 legumes, fish, nuts and soy products for omega-3 and other beneficial effects for your heart



## Why Meal Plans and why not just recipes?

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Since the nutritional recommendations relate to daily and weekly intakes, as well as to the distribution of nutrients during the day, it is not sufficient to look for Heart Healthy 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 Heart Healthy Meal Plans are balanced and appropriate for everyone.

## Why SOS Cuisine?

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The recommendations for heart disease prevention and healthy eating consist of **40 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 you will find easy to prepare and that satisfy all the applicable nutritional recommendations. So, you will be able to enjoy your food without any worries!

## Important advice and useful tips

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- Drink lots of water
- Limit your intake of coffee, tea, soft drinks and energy drinks
- Limit your alcohol intake to a maximum of 2 drinks a day, and 14 drinks a week for men and 9 drinks a week for women
- Consult a Registered Dietitian

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



## My Menu - HEART HEALTHY - 2,100 kcal

### Day 1

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**Breakfast:**

- Breakfast "Chamonix"

**Lunch:**

- Quick Chickpea Soup [L.S.], Turkey and Cheese Sandwich [L.S.] and Grated Carrot Salad
- Yogurt with sterols

**PM snack:**

- Orange & Almonds

**Dinner:**

- Mixed Greens Salad and One Slice of Whole Wheat, Low Sodium Bread
- Cod with Mushrooms and Celeriac [L.S.] and Steamed Basmati Rice
- Three-Coloured Fruit Salad

### Day 2

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**Breakfast:**

- Breakfast "Baltimore"

**Lunch:**

- Vegetarian Chili with Tofu [L.S.] (*made in advance*) and Steamed Quinoa
- Three-Coloured Fruit Salad

**PM snack:**

- Pistachios

**Dinner:**

- Chicken Souvlaki, Cucumber and Tomato Salad and One Pita Bread
- Apple Compote (*made in advance*)

### Day 3

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**Breakfast:**

- Breakfast "Kenya"

**Lunch:**

- Quick Chickpea Soup [L.S.] (*repeated*), Egg Salad Sandwich [L.S.] and Carrot & Celery
- Yogurt with sterols

**PM snack:**

- Almonds

**Dinner:**

- Beet Salad with Mango and One Slice of Crispbread
- Cod with Mushrooms and Celeriac [L.S.] (*repeated*) and Steamed Basmati Rice (*repeated*)
- Apple Compote (*repeated*)

## Day 4

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### Breakfast:

- Breakfast "Chamonix"

### Lunch:

- Oriental Shrimp Soup [L.S.]
- Beet Salad with Mango (*repeated*) and One Slice of Whole Wheat, Low Sodium Bread
- One glass of 0% skimmed milk

### PM snack:

- Pistachios

### Dinner:

- Mixed Greens Salad and One Slice of Crispbread
- Moroccan Chicken d'Erfoud [L.S.] (*made in advance*)
- Sugared Berries

## Day 5

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### Breakfast:

- Breakfast "Baltimore"

### Lunch:

- Chicken Souvlaki (*repeated*), Mixed Greens Salad and One Pita Bread
- Yogurt with sterols

### PM snack:

- Almonds

### Dinner:

- Quick Chickpea Soup [L.S.] (*repeated*)
- Bacon, Lettuce, and Tomato Penne
- Apple Compote (*repeated*)

## Day 6

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### Breakfast:

- Breakfast "Kenya"

### Lunch:

- Vegetarian Chili with Tofu [L.S.] (*repeated*) and Steamed Brown Rice
- Grated Carrot Salad and One Slice of Crispbread
- Sugared Berries

### PM snack:

- Pistachios

### Dinner:

- Sunny Salad with Hearts of Palm
- Sesame Beef and Broccoli [L.S.] and Steamed Quinoa (*repeated*)
- Papaya Cream

## Day 7

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### Breakfast:

- Breakfast "Chamonix"

### Lunch:

- Sunny Salad with Hearts of Palm (*repeated*) and One Slice of Crispbread
- Moroccan Chicken d'Erfoud [L.S.] (*repeated*)
- Yogurt with sterols

### PM snack:

- Almonds

### Dinner:

- Sesame Beef and Broccoli [L.S.] (*repeated*) and Steamed Brown Rice (*repeated*)
- Papaya Cream



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 + Trans 0.2 g	23 %
<b>Cholesterol</b> 25 mg	
<b>Sodium</b> 1000 mg	42 %
<b>Carbohydrate</b> 91 g	30 %
Fibre 12 g	47 %
Sugars 32 g	
<b>Protein</b> 33 g	
<b>Vitamin A</b>	60 %
<b>Vitamin C</b>	210 %
<b>Calcium</b>	40 %
<b>Iron</b>	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	bananas, other seasonal fruit	\$	(250 g)	1 1/2	lemon	\$	(75 mL)
1	bananas	\$	150 g)	1/2	lemons	\$	60 g)
2 1/2	beetroots	\$	(320 g)	1/2	lime	\$	(15 mL)
170 mL	blueberries	\$	(80 g)	1	mangoes		(300 g)
2/3	broccoli	\$	100 g)	100 g	mini tomatoes (cherry, miniature or grape)		(190 mL)
6	butter (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	\$	(360 g)	1	radishes [optional]		(16 g)
1/4 cup	fresh basil	\$	(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 tarragon	\$	(1 g)	1	shallots	\$	(20 g)
8 cloves	garlic	\$	(3 g)	170 mL	strawberries		(100 g)
1/2 tsp	gingerroot		(3 g)	1	tomatoes	\$	120 g)
1	grapes, seedless	\$	(300 g)	1	tomatoes, Roma type		(70 g)

**SOS Cuisine Makes Life Easier!**

Every week SOS Cuisine prepares a Meal Plan just for you based on what's in season and on sale at your local supermarket.

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.

**Remember these Grocery tips:**

\* Buy what is on your list and nothing else, with the one exception of stocking your pantry.

\* Grocery lists saves time by eliminating multiple trips to the store throughout the week.

\* They also save you time in the grocery store because you know exactly what you need and you do not have to wander around wondering what to buy.

SOS Cuisine ensures that you have everything you need all week long.

**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, large	\$		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 **HEART HEALTHY - 2,100 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 and seafood should be eaten within a couple of days after buying.

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

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- Put in the freezer the beef for the **Sesame Beef and Broccoli** (Day 6).

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

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

- Prepare (25 min) and cook (1 h 30 min) the **Moroccan Chicken d'Erfoud [L.S.]**. The minimum for this recipe is 3 servings. It is on the menu twice this week. Freeze the remaining serving for later use.
- Roast (1 h) the beets for the **Beet Salad with Mango**. Cook the beets together with the chicken, at the same time and temperature.
- Prepare (20 min) and cook (30 min) the **Vegetarian Chili with Tofu [L.S.]**.
- Prepare (30 min draining + 10 min preparation) the **Tsatsiki Sauce**, which is a prerequisite for the **Chicken Souvlaki**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Prepare (5 min) and cook (15 min) the **Apple Compote**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- If necessary, prepare (30 min) the **Parsley and Garlic Base**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- 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.
- If necessary, prepare (5 min) the **Classic Vinaigrette**.

### **Not to be forgotten during the week:**

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**Day 1:** Must do for the next day (Day 2):

- Marinate the chicken for the **Chicken Souvlaki**.

**Day 5:** Must do for the next day (Day 6):

- Take out of the freezer the beef for the **Sesame Beef and Broccoli** then put it in the refrigerator.

## Example Recipe

### Shrimp, Tomato, and Basil Pasta

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

#### Recipe Review

Find out what other members think of the recipe, rate it and write your own review.

#### Choose your serving size

Having guests? The list of ingredients will automatically adjust based on your serving size.



2 servings

Preparation 15 min / Cooking 10 min

\$5.32 per serving / \$3.13 with specials

530 calories per serving - See all nutrients



Version: Original

#### Cost per serving

With the current Flyer Specials, valid in your area when you view the recipe!  
N.B. EXCLUSIVE TO SOS CUISINE

#### 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.

#### 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.



Be the first of your friends to like this.

RECIPE

NUTRITION INFO

REVIEWS (41)

MY NOTES (1)

#### Ingredients

2 tbsp	olive oil	
12	shrimp, large, peeled and deveined	\$ 300 g
1 clove	garlic, minced	
2 tsp	Parsley and Garlic Base (Recipe)	ml
1/4 cup	canned tomatoes (diced or chopped)	g
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.  
N.B. EXCLUSIVE TO SOS CUISINE

#### 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, add the linguine to a pot of boiling water and cook according to the package directions. Drain the linguine in a colander and rinse with cold water. While the sauce is cooking, add the linguine to a pot of boiling water and cook according to the package directions. Drain the linguine in a colander and rinse with cold water. While the sauce is cooking, add the linguine to a pot of boiling water and cook according to the package directions. Drain the linguine in a colander and rinse with cold water.
- Put the drained linguine in the sauce pan, then put the pan back on the stove over medium heat. Add the shrimp, torn basil leaves and chives, and 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

1 serving of this recipe is equivalent to:

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

### Nutrition Facts Table

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

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

**Nutrient-content and Health Claims**  
Calculated in strict accordance with Health Canada's stringent rules and criteria.  
**N.B. EXCLUSIVE TO SOS CUISINE**

**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](#)