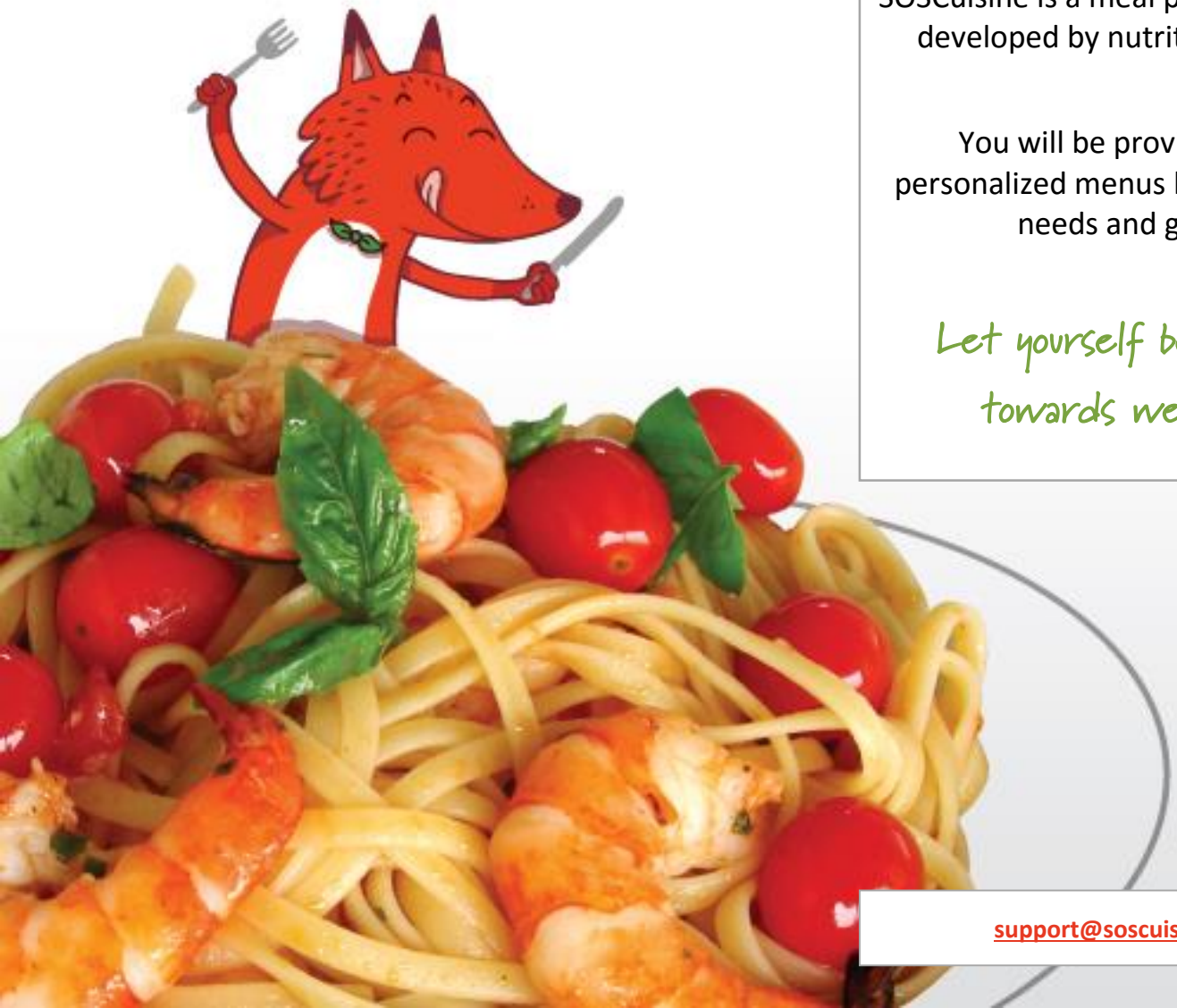
SOS CUISINE.com®

The smarter way to eat well and save money!

LOW FODMAP MEAL PLANS

Irritable bowel syndrome - Dyspepsia - Bloating
Diarrhea - Constipation - Intestinal gas



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!

support@soscuisine.com

Breakfast	• Breakfast "Bobbie"
Snack	• Raw Vegetables and Lactose-free Cheese
Lunch	• Watercress Soup [IBS] • Egg Salad Sandwich [IBS] • Mixed Greens Salad
Snack	• Fresh orange
Dinner	• Baked Salmon with Herbs • Spinach à l'étuvée • Boiled Potatoes • One glass of lactose-free milk

Day1 (example)

Research has shown that a diet low in FODMAPs is effective in 75% of cases for significantly decreasing Irritable Bowel Syndrome (IBS) symptoms.

FODMAPs stands for :
F = Fermentable
O = Oligosaccharides (fructans et galacto-oligosaccharides)
D = Disaccharides (lactose)
M = Monosaccharides (excess fructose)
A = And
P = Polyols (sorbitol, mannitol, xylitol et maltitol)
These are fermentable carbohydrates.

In people suffering from IBS, some FODMAPs are only partially digested and absorbed. This causes a distension of the bowel and production of gas, resulting in pain, cramps and flatulence. To relieve these symptoms, it is advisable to limit your intake of fermentable carbohydrates, i.e., FODMAPs.

Given the number of foods to be eliminated or restricted, following a Low FODMAP diet without help can prove to be a real challenge! That's why SOSCuisine has created these smart Low FODMAP Meal Plans. They are put together each week from **over 500 quick and tasty recipes** in order to ensure maximum variety.

Moreover, these menus are based on the Mediterranean diet; they use a maximum of natural (unprocessed) foods and fully comply with the recommendations of competent bodies.

I subscribe to the
Low FODMAP Meal Plans

Fast, easy and delicious recipes

Watercress Soup [IBS]

★★★★★ Be the first to evaluate this recipe

The tangy and peppery flavour of watercress works beautifully in this soup.

3 servings

Preparation 10 min
Cooking 20 min

$0.83 per serving
$0.73 with specials
130 calories per serving

Print | Send | Add to my Cookbook | Add to My Meal Plan

Recipe | Nutrition Info | Reviews (0) | My Notes

Ingredients

1 bunch	watercress		120 g
1/8	fennels, coarsely chopped	$	22 g
1	potatoes, peeled and cut into small pieces	$	200 g
1 tbsp	margarine non-hydrogenated	$	14 g
1 cup	Allergen-Free Vegetable Broth (Recipe)	$	
1 cup	milk, lactose-free	$	250 mL
1 pinch	salt **[optional]**	$	0.1 g
	ground pepper to taste		

Before you start

A blender or food processor will be very useful to purée the soup.

Method

1. Rinse the watercress carefully, without soaking it, to remove any sand. Chop most of it reserving some leaves with some stems for decoration.
2. Prepare the fennel and potatoes. Coarsely chop the fennel; peel and dice the potatoes into 1 cm cubes.
3. Heat the margarine in a saucepan over medium heat. Add the chopped fennel and sauté 3 min, then add the diced potatoes and watercress. Continue to cook for about 4 mines, with gentle stirring. Add the broth and lactose-free milk, bring to a boil, then lower the heat. Cover and simmer about 15 min, until the vegetables are soft. Purée in a blender until smooth. Adjust the seasoning.
4. Garnish with the reserved watercress leaves, then serve.

Select the number of servings

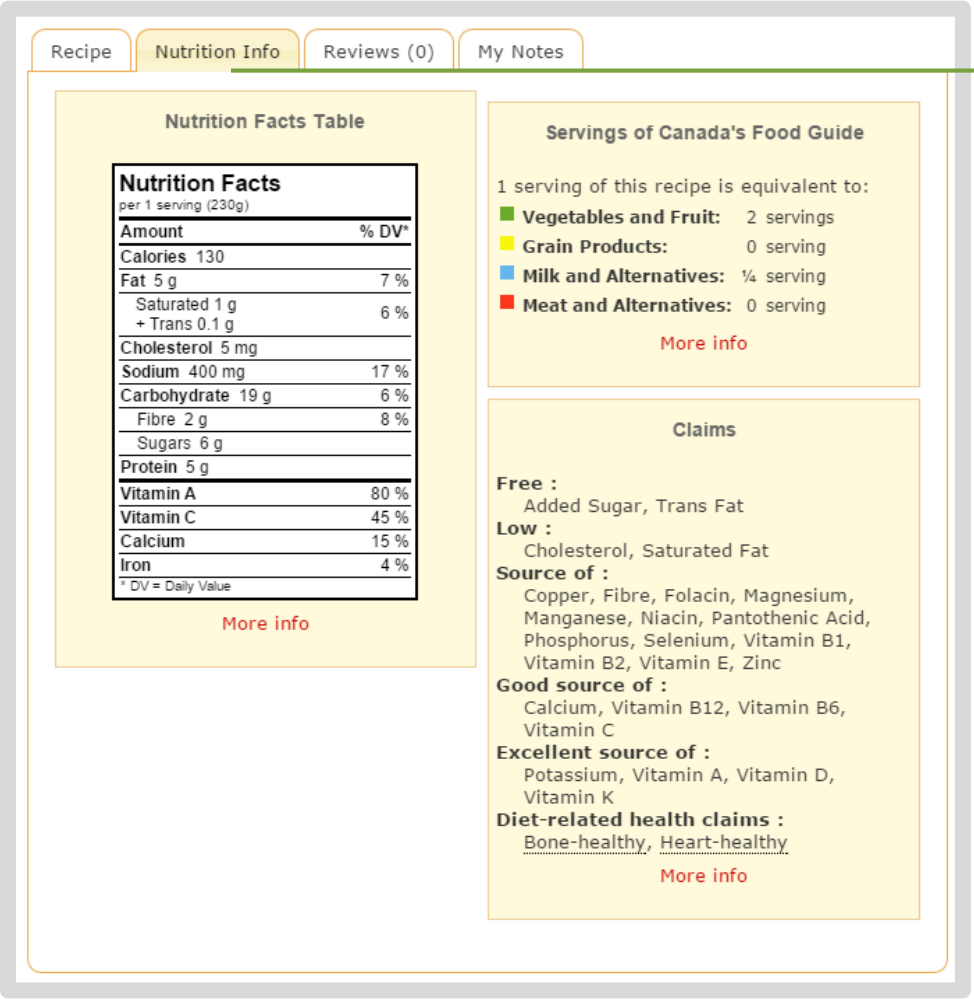
Recipe features
Very easy, Gluten-free, Nut-free...

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.

Detailed Nutritional Information



Recipe | Nutrition Info | Reviews (0) | My Notes

Nutrition Facts Table

Nutrition Facts
per 1 serving (230g)

Amount	% DV*
Calories 130	
Fat 5 g	7 %
Saturated 1 g + Trans 0.1 g	6 %
Cholesterol 5 mg	
Sodium 400 mg	17 %
Carbohydrate 19 g	6 %
Fibre 2 g	8 %
Sugars 6 g	
Protein 5 g	
Vitamin A	80 %
Vitamin C	45 %
Calcium	15 %
Iron	4 %

* DV = Daily Value

More info

Servings of Canada's Food Guide

1 serving of this recipe is equivalent to:

- **Vegetables and Fruit:** 2 servings
- **Grain Products:** 0 serving
- **Milk and Alternatives:** ¼ serving
- **Meat and Alternatives:** 0 serving

More info

Claims

Free :
Added Sugar, Trans Fat
Low :
Cholesterol, Saturated Fat
Source of :
Copper, Fibre, Folacin, Magnesium, Manganese, Niacin, Pantothenic Acid, Phosphorus, Selenium, Vitamin B1, Vitamin B2, Vitamin E, Zinc
Good source of :
Calcium, Vitamin B12, Vitamin B6, Vitamin C
Excellent source of :
Potassium, Vitamin A, Vitamin D, Vitamin K
Diet-related health claims :
Bone-healthy, Heart-healthy

More info

All nutritional information

Because you have the right to know what you eat!

My Grocery List

My Grocery List

FRUITS	
☐	Need 1/2 lemon (15 mL)
☐	Need 2 oranges (360 g)
☐	Need 1 1/2 orange (125 mL)
VEGETABLES	
☐	Need 1/4 bunch arugula (40 g)
☐	Need 9 carrots (900 g)
☐	Need 4 stalks celery (280 g)
☐	Need 1/8 fennels (22 g)
☐	Need 26 g gingerroot (2 tbsp)
☐	Need 200 g green/snap beans (2 cups)
☐	Need 140 g mini-tomatoes (cherry, miniature or grape) (250 mL)
☐	Need 2 tomatoes (240 g)
FRESH HERBS	
☐	Need 2 bay leaf (0.4 g)
☐	Need 6 g chives, fresh (2 tbsp)
☐	Need 1/2 bunch Italian parsley, fresh (50 g)
DAIRY PRODUCTS & EGGS	
☐	Need 50 g cheese, lactose-free
☐	Need 2 eggs size large → Buy 1 x 6-pack eggs [**IGA**: $1.99/6-pack large, Burnbrae, or Ovale]
☐	Need 1 L milk, lactose-free (4 cups)
FISH & SEAFOOD	
☐	Need 300 g salmon fillet
☐	Need 20 shrimp, small size, cooked (110 g)
OTHER REFRIGERATED ITEMS	
☐	Need 28 g margarine non-hydrogenated (2 tbsp)
PASTA, RICE & GRAINS	
☐	Need 90 g quinoa (1/2 cup)
☐	Need 80 g brown rice (1/2 cup)
BAKERY	
☐	Need 2 rice cakes (20 g)
SPICES & DRIED HERBS	
☐	Need 0.1 g cayenne pepper (1 pinch)
☐	Need ground pepper to taste
☐	Need 3 g dried oregano (4 tsp)
OIL & VINEGAR	
☐	Need 15 mL canola oil (1 tbsp)
☐	Need 75 mL olive oil (5 tbsp) → Buy 1 x 500mL olive oil [**IGA**: $5.49/500mL house brand]
☐	Need 45 mL extra virgin olive oil (3 tbsp)
CONDIMENTS	
☐	Need 9 g capers (1 tbsp)
☐	Need 0.1 g salt (1 pinch)
☐	Need 20 g coarse salt (1 tbsp)
☐	Need 15 mL tomato paste (1 tbsp)
CANNED FOOD	
☐	Need 6 slices canned pineapple (220 g)
GLUTEN-FREE	
☐	Need 4 slices gluten-free crispbread (30 g)
☐	Need 4 slices gluten-free bread

MY NOTES / OTHER ITEMS

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

My Action Plan

Here is your Action Plan for the week, which will help you prepare the dishes proposed in the meal plan **LOW FODMAP - 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. The action plan includes recipes of the week only.

Upon your return from the grocery store:

- Freeze chicken breasts, boneless, skinless for the **Chicken Piccata [IBS]** of Thursday
- Freeze pork chops with bones for the **Pork Chops with a Mustard Sauce [IBS]** of Friday
- Freeze chicken breasts, boneless, skinless for the **Chicken Piccata [IBS]** of Saturday

Make ahead:

- Prepare (15 min) and cook (40 min) **Rosemary Chicken [IBS]**.
- Prepare (5 min) and cook (30 min) **Oven-Roasted Peppers**. Final waiting time (45 min) before serving.
- Prepare (15 min) and cook (30 min) **Ratatouille with Tofu [IBS]**.
- Prepare (10 min) and cook (30 min) **Carrot Soup with Orange and Ginger [IBS]**.
- Prepare (10 min) and cook (15 min) **Shrimp and Arugula Quinoa Salad**. Final waiting time (20 min) before serving.

If required:

- Prepare (30 min), **Parsley Base**.
- Prepare (15 min), and cook (1 h) **Allergen-Free Vegetable Broth**. Final waiting time (30 min) before serving.
- Prepare (5 min), **Classic Vinaigrette**.

Don't forget:

- Wednesday: Remove from the freezer chicken breasts, boneless, skinless for the **Chicken Piccata [IBS]** of Thursday and refrigerate
- Thursday: Remove from the freezer pork chops with bones for the **Pork Chops with a Mustard Sauce [IBS]** of Friday and refrigerate
- Friday: Remove from the freezer chicken breasts, boneless, skinless for the **Chicken Piccata [IBS]** of Saturday and refrigerate

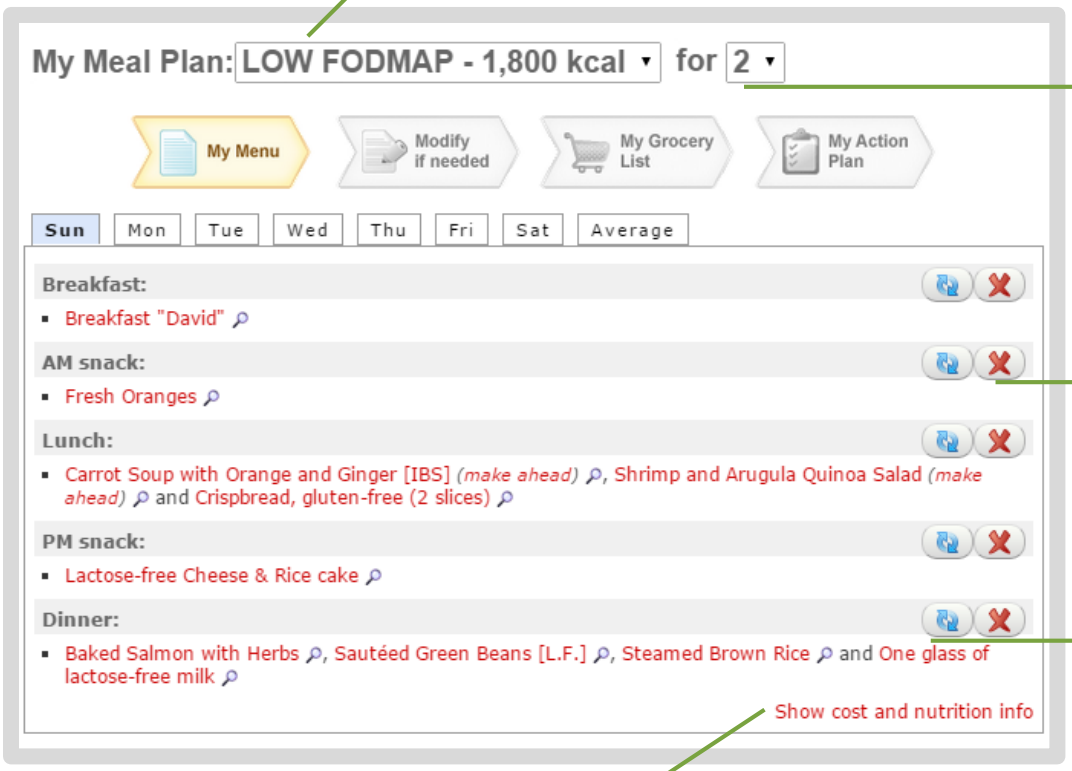
This step-by-step action plan explains what to do and when to do it. It allows you to minimize the time you spend in the kitchen, to prevent you from forgetting steps and to avoid food wastage.

***SOSCUISINE EXCLUSIVE**

My SOSCuisine, 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

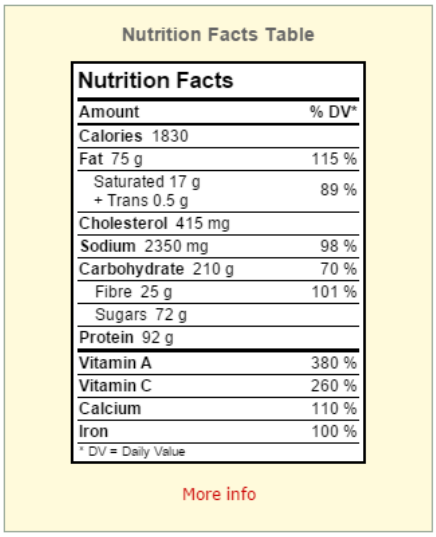


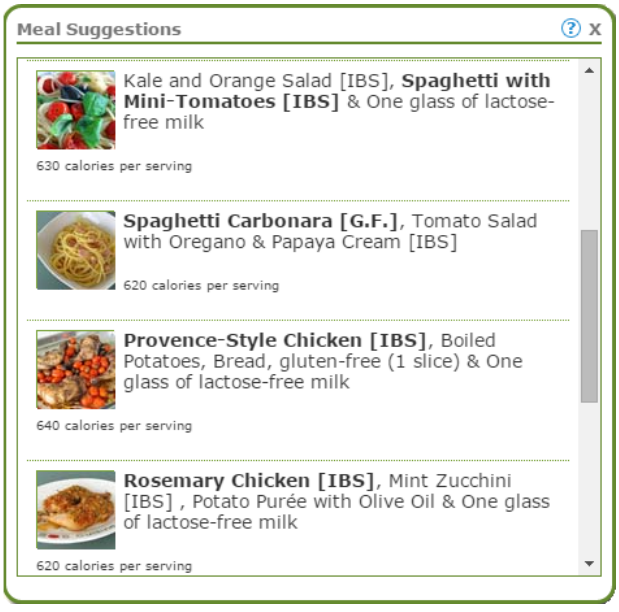
I select the number of **servings**

I **add** or **delete** recipes

I **substitute** meals to fit my preferences

I know the **exact nutritional value**





I subscribe to the Low FODMAP Meal Plans

Testimonials

My symptoms have reduced by 90%

« I want to tell you that I'm thrilled with the low FODMAP menu; it really works for me. I consulted a dietitian last year but this only solved half my problem; your menu has brought down my symptoms (irritable bowels) by at least 90%. »

Chantal C.

My symptoms decreased from the first week onwards

« I've enjoyed the menus until now. My symptoms decreased from the first week onwards. But I do find that the dinners are often repetitious. I love snacks, but since I have a sweet tooth, it's tough for me that an alternative dessert is not always proposed. The lunches are often more time consuming to prepare and too large for me so I modify them. I like the freedom of your menus. And the short preparation too. Continue your good work and here's hoping that you'll come up with lots more low FODMAP recipes. »

Véronique B.

Your menus are actually effective for IBS

« Your menus are actually effective in reducing IBS symptoms, as your selection of ingredients is well adapted. If I manage not to cheat on the menus, I can reduce the symptoms by 75%, which is awesome for me. Thanks for your wonderful initiative. I'm always happy to look at the menu and take my pick of the best recipes. »

Annie G.

« Diet plays an important role in maintaining a healthy gastrointestinal tract, and the resources available on SOSCuisine.com could be very helpful toward achieving health goals.»

Gail Attara
Gastrointestinal Society's President and CEO