



The smarter way
to eat well and
save money!

SMART MEAL PLANS

Gluten Free Menus



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!**

Created by SOSCuisine.com

info@soscuisine.com

Day1 (example)

Breakfast	<ul style="list-style-type: none"> • Breakfast "Charles" 
Lunch	<ul style="list-style-type: none"> • Oriental Shrimp Soup • Bread, gluten-free • Fruit yogurt 
Snack	<ul style="list-style-type: none"> • Almonds
Let yourself be guided towards wellness! Dinner	<ul style="list-style-type: none"> • Chicken Cutlets à la Ferrer [G.F.] • Steamed Brown Rice • Braised Brussels Sprouts with Marjoram • Mango and Lime Mousse 

☐ The **only treatment for celiac disease is the total withdrawal of gluten** from the diet. In other words, only a gluten-free diet followed strictly can avoid celiac disease's symptoms and long-term complications.

☐ To ensure gluten's removal from every meal and for every day is far from simple. To do so while avoiding nutritional deficiencies is even less simple! This is why we created these meal plans for **celiac disease** (diagnosed) - also known as **gluten intolerance** - and **gluten sensitivity**.

They provide a gluten-free diet and recommended intakes for nutrients, to ensure a healthy diet **without deficiencies**.

A gluten and lactose-free version is also available.

☐ Since following a gluten-free diet leads to the elimination of gluten-containing grains, it is important to replace these foods with others.

SOSCuisine guides you through the **discovery of gluten-free grains**, such as rice, quinoa, buckwheat, tapioca and others which allow us to create varied menus, provide complex carbohydrates, fiber and many essential nutrients.

☐ Eating a variety of healthy and nutritious foods is recommended to prevent deficiencies.

Every day, the menus include green and orange vegetables to meet nutritional needs including vitamins K and A. There is also a very wide range of protein sources: meat, fish and seafood, beans/legumes, nuts, etc. These help to meet the requirements of iron, folate, thiamin, vitamins D and E. Finally, milk and its enriched substitutes ensure a sufficient intake of calcium.

» I go gluten free!

Fast, easy and delicious recipes

Oriental Shrimp Soup

★★★★★ 24 Reviews 92% would make this recipe again
★★★★★ Review this recipe

A soup with shrimp, vegetables, and rice sticks in a chicken broth.

A hearty soup that's a meal in itself.



4 servings

Preparation 10 min / Cooking 10 min

260 calories per serving [See all nutrition info]



Version: Original

Like One person likes this. Be the first of your friends.

RECIPE

NUTRITION INFO

REVIEWS (24)

MY NOTES (0)

Ingredients

6 cups	chicken broth	1.5 L
160 g	rice sticks	
2	carrots, grated	200 g
4	button (white) mushrooms, thinly sliced	55 g
1 1/4 cup	Savoy cabbage, or green , thinly sliced	90 g
4	green onions/scallions, thinly sliced	60 g
28	shrimp, medium-large, quick-peel	280 g
2 1/4 tsp	gingerroot, grated	10 g
2 cloves	garlic, minced	
1	dried chili peppers, minced	0.4 g
1/4 cup	lime juice, freshly squeezed	2 limes
4 tsp	fresh cilantro [optional]	3 g
	salt to taste	

Before you start

Individual 500 ml (2 cups) serving bowls are needed.

Method

1. Cook the **rice sticks** then set aside.
2. In a saucepan of salted boiling water, boil the shrimp about 3 min, until they become pink. Drain and set aside.
3. Prepare the **vegetables**. Grate the carrots, slice the green onions, cabbage, and mushrooms. Portion out the vegetables into the individual serving bowls. Add the cooked rice sticks.
4. Heat the **broth** in a saucepan. Add the grated ginger, minced garlic and **chili pepper**. Cook 2 min. Add the cooked shrimp and cook an additional 3-4 min. **Adjust the seasoning**.
5. Pour the hot **broth** into the serving bowls. Add the lime juice, garnish with whole **cilantro** leaves, and serve.

This recipe is in the following categories: Shellfish | Vegetables | Main courses/Entrées | Soups | Halal | High Iron | Low Fat | Low Saturated Fat | Asian

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 (24)
MY NOTES (0)

DIABETES Exchanges

1 serving of this recipe is equivalent to:

Food Group	Choices
Starches	2
Vegetables	1
Meat and Alternatives	1½

[More info](#)

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

Nutrition Facts Table

Nutrition Facts	
per 1 serving (510g)	
Amount	% DV*
Calories 260	
Fat 1.5 g	2 %
Saturated 0.4 g + Trans 0 g	2 %
Cholesterol 125 mg	
Sodium 1230 mg	51 %
Carbohydrate 44 g	15 %
Fibre 3 g	12 %
Sugars 3 g	
Protein 17 g	
Vitamin A	60 %
Vitamin C	30 %
Calcium	8 %
Iron	20 %

* DV = Daily Value

[More info](#)

Servings of Canada's Food Guide

1 serving of this recipe is equivalent to:

- **Vegetables and Fruit:** 1¾ serving
- **Grain Products:** 1½ serving
- **Milk and Alternatives:** 0 serving
- **Meat and Alternatives:** ¾ serving

[More info](#)

Claims

Free :
Added Sugar, Trans Fat

Low :
Fat, Saturated Fat

Source of :
Calcium, Copper, Fibre, Pantothenic Acid, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin C, Vitamin E

Good source of :
Folacin, Iron, Magnesium, Manganese, Phosphorus, Potassium, Zinc

Excellent source of :
Niacin, Selenium, Vitamin A, Vitamin B12, 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 **Gluten Free**.

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:

Put it in the freezer the beef for the **Beef and Vegetable Skewers in a Skillet** (Day 3).

Soak the beans for the "**Pasta e Fagioli**" (to be cooked as soon as you have time).

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:

Cook (18 min with a pressure cooker, 60 min without) the beans for the **Pasta e Fagioli**. Follow the recipe up to step 4 included. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use. In such case, do not add the rice, which should be added only when serving.

Prepare (15 min) and cook (40 min) the **Chicken Stroganoff**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.

Prepare (5 min) and cook (10 min) the **Ginger Syrup** which is a prerequisite for the **Fruit Salad with Ginger Syrup**.

Not to be forgotten during the week:

Day 2: Must do for the next day (Day 3):

Take out of the freezer the beef for the **Beef and Vegetable Skewers in a Skillet** then put it in the refrigerator.

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: **Gluten Free** for **4**

Video Tutorial
Tips & FAQ

I select the number of **servings**

[My Menu](#)
[Modify if needed](#)
[My Grocery List](#)
[My Action Plan](#)

See list view

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

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

Breakfast:

- Breakfast "Irene"

Lunch:

- "Pasta e Fagioli" [G.F.] (make ahead) and Bread, gluten-free (1 slice)
- Fresh Cherries and One glass of 0% skimmed milk

PM snack:

- Raw Vegetables and Lactose-free Cheese

Dinner:

- Blackened Fish Fillets, Steamed Quinoa and Warm Broccoli Rabe Salad
- Plum Compote (make ahead)

I **add or delete** recipes

I substitute meals to fit my preferences

Show cost and nutrition info

I know the **exact nutritional value**

Meal Suggestions

- Red Lentil and Tofu Curry, Steamed Quinoa & Baked Pear Soufflés [G.F.] [L.F.]**
680 calories per serving
- Stir-Fry Shrimp with Vegetables [G.F.], Steamed Brown Rice & Fresh Oranges**
480 calories per serving
- Vegetable and Bean Ratatouille, Steamed Brown Rice, Fresh Grapes & Cheese**
540 calories per serving
- Ratatouille with Tofu, Steamed Quinoa, Cinnamon Apples & One glass of 0% skimmed milk**
600 calories per serving
- Marinated Chicken with Lemon, Pepper and Coriander [Light], Steamed Basmati Rice, Spinach with Raisins & One glass of rice or almond beverage**
610 calories per serving

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[More info](#)

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[More info](#)

» I choose my personalized Program!

Subscribers' Testimonials

« I want to thank the team for the good service. I am gluten-intolerant and in such a situation, meal planning was a real headache. I now consult my SOS Cuisine meal plan for variety and inspiration in my daily life.

I find great ideas at reasonable prices here. Thank you! »

Brigitte B.

« I have known about you almost from the beginning and I love your site as it makes my life so much easier! For the past few weeks, my mother-in-law has found it very difficult to cook because she is gluten and lactose-intolerant. I suggested your site to her to help her prepare her meals. She is very happy to finally be able to discover meal ideas! Keep up the great work! »

Marie-Claude B.

« 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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- ✓ Action Plan
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- ✓ **Tools to Save Money**

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 - Personal Trainer or
 - Personal Cook

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