SMART MEAL PLANS FOR WEIGHT LOSS

I lost 40 lbs in 6 months with no effort. I never felt hungry between meals, which were also very tasty. My problem was that I did not know the right serving size for me and that I did not eat enough vegetables. I’ll continue to follow SOS Cuisine for at least a full year, because it keeps me disciplined.

Robert D.
Montreal, QC

Thanks to your great advice and your excellent and varied recipes, I regained the interest for cooking and eating well. I lost 20 pounds! I continue to use your site and whenever I see someone in ‘food emergency’, I give them your address. Your concept is great.

Line R.
Saint-Basile, QC

WEIGHT LOSS
7-DAY MEAL PLAN
Also includes: Full Recipes, Action Plan, & Healthy Tips

by SOS CUISINE.com
What has to be under control?

The most recent recommendations for Weight Loss consist of some 35 nutritional targets that must be attained day after day and to ensure optimal weight loss while preserving your health. These targets can be grouped as follows:

- Calorie intake
- Energy density of food
- Daily intake of fat, protein, dietary fiber, calcium and liquid
- Carbohydrates and protein content of meals and snacks
- Starch, vegetable and meat content of the evening meal
- Daily intake of the various food groups (Vegetables and Fruit, Grain Products, Dairy products, Meat and Alternatives, etc.)
- Intake of foods that induce thermogenesis

Challenging? Yes, but not with SOS Cuisine!

We provide specialized menus for people with specific needs. All our meal plans satisfy all the applicable nutritional recommendations, and are easy to prepare.

SOS Cuisine also provides customized weekly menus which contains a simple menu, grocery list and a preparation guide to help you save time.

All weekly meal plans are tailor-made to fit your lifestyle and will change each week to make the most of the fresh products of the season and based on specials in your local supermarkets.

To subscribe visit: www.soscuisine.com/weight_loss/
Day 1

Breakfast:
- Breakfast "Berlin"

AM snack:
- One cup of green tea

Lunch:
- Blackened Fish Fillets, Spinach with Raisins and One Slice of Whole Wheat Bread
- Yogurt and Berries

PM snack:
- Raw Vegetables and Cheese

Dinner:
- Vegetarian Chili with Tofu (made in advance) and Steamed Brown Rice

Day 2

Breakfast:
- Breakfast "Amsterdam"

AM snack:
- One cup of green tea

Lunch:
- Winter Vegetable Soup (made in advance), Moroccan-Style Chickpea and Tomato Salad and One Slice of Crispbread

PM snack:
- Yogurt and Berries

Dinner:
- Oriental Chicken and Vegetable Soup and One Slice of Crispbread
Day 3

Breakfast:
- Breakfast "Berlin"

AM snack:
- One cup of green tea

Lunch:
- Chicken Piccata [Light], Spinach with Raisins (repeated) and Steamed Quinoa

PM snack:
- Raw Vegetables and Cheese

Dinner:
- Vegetarian Chili with Tofu (repeated) and Steamed Brown Rice (repeated)

Day 4

Breakfast:
- Breakfast "Amsterdam"

AM snack:
- One cup of green tea

Lunch:
- Winter Vegetable Soup (repeated), Moroccan-Style Chickpea and Tomato Salad (repeated) and One Slice of Crispbread

PM snack:
- Yogurt and Berries

Dinner:
- Spaghetti Carbonara and Fresh Tomato

Day 5

Breakfast:
- Breakfast "Berlin"

AM snack:
- One cup of green tea

Lunch:
- Mixed Greens and Radish Salad with Feta Cheese and One Slice of Crispbread
- Chicken Legs with Vegetables (made in advance) and Steamed Brown Rice (repeated)

PM snack:
- Yogurt and Berries

Dinner:
- Fresh Tomato
- Sautéed Shrimp with Snow Peas and One Slice of Whole Wheat Bread
- Yogurt & Prunes
Day 6

Breakfast:
- Breakfast "Amsterdam"

AM snack:
- One cup of green tea

Lunch:
- Chicken Legs with Vegetables (repeated) and Steamed Quinoa (repeated)
- Cheese and One Slice of Crispbread

PM snack:
- Yogurt and Berries

Dinner:
- Winter Vegetable Soup (repeated) and Zucchini "Frittata"
- One Slice of Whole Wheat Bread

Day 7

Breakfast:
- Breakfast "Berlin"

AM snack:
- One cup of green tea

Lunch:
- Zucchini "Frittata" (repeated), Lentil and Tomato Salad with Mint and One Slice of Whole Wheat Bread
- Three-Coloured Fruit Salad

PM snack:
- Yogurt & Prunes

Dinner:
- Sautéed Shrimp with Snow Peas (repeated) and Steamed Quinoa (repeated)
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.
<table>
<thead>
<tr>
<th>Category</th>
<th>Item</th>
<th>Weight/Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRUITS &amp; VEGETABLES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 avocados</td>
<td>(170 g)</td>
<td></td>
</tr>
<tr>
<td>3 bananas, or other seasonal fruit</td>
<td>(460 g)</td>
<td></td>
</tr>
<tr>
<td>2 beetroots</td>
<td>(260 g)</td>
<td></td>
</tr>
<tr>
<td>170 mL blackberries</td>
<td>(90 g)</td>
<td></td>
</tr>
<tr>
<td>4 button (white) mushrooms</td>
<td>(55 g)</td>
<td></td>
</tr>
<tr>
<td>6 1/2 carrots</td>
<td>(650 g)</td>
<td></td>
</tr>
<tr>
<td>1 stalk celery</td>
<td>(70 g)</td>
<td></td>
</tr>
<tr>
<td>1 tbsp fresh cilantro</td>
<td>(2 g)</td>
<td></td>
</tr>
<tr>
<td>3 tbsp fresh dill</td>
<td>(5 g)</td>
<td></td>
</tr>
<tr>
<td>1/2 tbsp fresh tarragon</td>
<td>(1 g)</td>
<td></td>
</tr>
<tr>
<td>5 cloves garlic</td>
<td>(150 g)</td>
<td></td>
</tr>
<tr>
<td>1/2 green onions/scallions</td>
<td>(10 g)</td>
<td></td>
</tr>
<tr>
<td>1/2 green peppers</td>
<td>(80 g)</td>
<td></td>
</tr>
<tr>
<td>3/4 tsp Italian parsley, fresh</td>
<td>(1 g)</td>
<td></td>
</tr>
<tr>
<td>1/2 leeks</td>
<td>(330 mL)</td>
<td></td>
</tr>
<tr>
<td>1/2 lemon</td>
<td>(25 mL)</td>
<td></td>
</tr>
<tr>
<td>2 1/2 cups mixed greens</td>
<td>(60 g)</td>
<td></td>
</tr>
<tr>
<td>4 onions</td>
<td>(750 g)</td>
<td></td>
</tr>
<tr>
<td>1/2 red onions</td>
<td>(80 g)</td>
<td></td>
</tr>
<tr>
<td>1/4 shallots</td>
<td>(10 g)</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>(80 g)</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp lemon</td>
<td>(15 mL)</td>
<td></td>
</tr>
<tr>
<td>700 mL yogurt, plain, less than 1% M.F.</td>
<td>(750 g)</td>
<td></td>
</tr>
<tr>
<td><strong>DAIRY PRODUCTS &amp; EGGS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 cup butter, unsalted</td>
<td>(55 g)</td>
<td></td>
</tr>
<tr>
<td>9 tbsp Cheddar cheese, low-fat (4%)</td>
<td>(45 g)</td>
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<tr>
<td>1/3 cup cream 15%</td>
<td>(85 mL)</td>
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</tr>
<tr>
<td>2 1/2 tbsp cream cheese, light</td>
<td>(22 g)</td>
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<tr>
<td>3 eggs size large</td>
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<td></td>
</tr>
<tr>
<td><strong>MEAT AND POULTRY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>260 g ground chicken, or ground turkey</td>
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<td></td>
</tr>
<tr>
<td>100 g pork strips</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FISH AND SEAFOOD</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>32 shrimp, small</td>
<td>(180 g)</td>
<td></td>
</tr>
<tr>
<td>7 shrimp, small size, cooked</td>
<td>(40 g)</td>
<td></td>
</tr>
<tr>
<td>1 slice smoked salmon</td>
<td>(14 g)</td>
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<tr>
<td>2 sole fillets, or haddock</td>
<td>(300 g)</td>
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</tr>
</tbody>
</table>

**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!
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 WEIGHT LOSS - 1400 calories/day, for one person.

This Action Plan is designed to **minimize the time you'll spend in the kitchen on weekdays**, about **20 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 in the freezer the chicken for the **Chicken Piccata** (Day 3).

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

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

- Prepare (10 min) and cook (30 min) the **Winter Vegetable Soup**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.

- Prepare (10 min) and cook (35 min) the **Chicken Legs with Vegetables**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.

- Prepare (20 min) and cook (30 min) the **Vegetarian Chili with Tofu**.

- If necessary, prepare (30 min) the **Parsley and Garlic Base**.

- If necessary, prepare (5 min) the **Classic Vinaigrette**.

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

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

- Take out of the freezer the chicken for the **Chicken Piccata** then put it in the refrigerator.
Example Recipe

Shrimp, Tomato, and Basil Pasta

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.

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.

Like
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)
- 1/4 cup canned tomatoes (diced or chopped), 90 ml
- 12 mini-tomatoes (cherry, miniature or grape), halved, 3/4 cup
- 1/8 tsp cayenne pepper
- 150 g linguine
- 10 fresh basil leaves, torn into small pieces, with some whole leaves for garnish, 5 tsp
- 1 tsp chives, fresh, finely chopped
- salt to taste
- ground pepper to taste

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

1. 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.

2. 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

3. While the sauce is cooking, bring a large pot of salted water to boil. Add the pasta, cook according to package instructions. Drain well, reserving 1/2 cup pasta water. Add 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, then add pasta water, with salt and pepper, then toss well to combine. Serve immediately. Garnish with whole basil leaves if desired.

Integrated Glossary
Click on highlighted text to see their definition.
Nutritional Information for recipes (example)

### DIABETES Exchanges

1 serving of this recipe is equivalent to:

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Exchanges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starches</td>
<td>3½ servings</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1½ servings</td>
</tr>
<tr>
<td>Meat and Alternatives</td>
<td>3½ servings</td>
</tr>
<tr>
<td>Fats</td>
<td>2½ servings</td>
</tr>
</tbody>
</table>

**Nutrition Facts Table**

- Fat: 14 g (22%)
- Saturated: 2 g (11%)
- Trans: 0 g
- Cholesterol: 265 mg (22%)
- Sodium: 540 mg (20%)
- Carbohydrate: 60 g (20%)
- Fibre: 4 g (17%)
- Sugars: 3 g
- Protein: 39 g (35%)

**Nutrient-content and Health Claims**

- Free: Added Sugar, Trans Fat
- Low: Saturated Fat, Sodium
- Source of: Calcium, Pantothenic Acid, Vitamin B1, B2, C
- Good source of: Fibre, Folic Acid, Potassium, Vitamin B6
- Excellent source of: Copper, Iron, Magnesium, Manganese, Niacin, Phosphorus, Selenium, Vitamin A, B12, E, K, Zinc

**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