

AVOID THE DISCOMFORT AND FREE YOURSELF

SMART MEAL PLANS FOR CONSTIPATION



CONSTIPATION

7-DAY SAMPLE MEAL PLAN

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





“ I CHOOSE TO BE HEALTHY ”

SMART MEAL PLANS FOR CONSTIPATION

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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 300,000 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.

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SOSCuisine.com – Eating well made easy



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Smart Meal Plans for CONSTIPATION

Avoid the discomfort and free yourself



- Each week you will receive
- Why SOS Cuisine?
- Nutrition Info
- FAQ
- Why are these Meal Plans smart?
- Why Meal Plans instead of just recipes?
- Important advice and useful tips



Testimonials

"I am extremely satisfied with this service. The variety of menus, having the menu of the full week, the quality of recipes, compliance with the food guide, speed of execution and finally the taste of the dishes."

Suzanne B.
Montreal, QC, Canada

"I think it's great that you offer this service, because these balanced menu is what we lack. Congratulations!"

Elyse L.
Sainte-Martine, QC, Canada

Smart Meal Plans for a CONSTIPATION

Food plays a **key role** in managing constipation and is therefore recommended as the **first treatment** to undertake, even before trying any laxative or other medication. This is why we created these dedicated meal plans.

To ensure maximum success, these smart meal plans for CONSTIPATION are made up of **two phases**:

- The 3 week-long Phase 1, aims at increasing fiber intake gradually in order to minimize eventual temporary incomfort related to this diet modification
- Phase 2 is the ongoing 'maintenance' phase, which ensures a high-fiber diet

The meal plans are based on the **mediterranean diet**, use a maximum of natural (unprocessed) foods, and meet all nutritional recommendations from the following competent bodies:

- Canadian Society of Intestinal Research
- Canadian Digestive Health Foundation
- Dietitians of Canada
- American Dietetic Association
- Health Canada's Food Guide
- PasseportSanté.net, Constipation (in French)

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

N.B. Consult your Doctor if you have a medical condition. We also recommend that you consult a Registered Dietitian and tell her/him that you follow the SOS Cuisine Meal Plans.

Each week your meal plan will be updated with:

- ✓ **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](#)

[View a sample of a 7-day menu.](#)



Why are these Meal Plans SMART?

Our Meal Plans are smart because they ensure, week after week, that:

- you will eat what is **BEST** to **prevent constipation and associated discomfort**
- you will **ENJOY** eating
- you will take advantage of the **BEST BUYS** at your preferred grocery stores



Why SOS Cuisine?

The recommendations to induce positive changes in people with constipation consist of some **28 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 are easy to prepare and that satisfy all the applicable nutritional recommendations. You will be able to enjoy your food without any worries!

Why Meal Plans instead of just recipes?

Since the nutritional recommendations relate to daily and weekly intakes, it is not sufficient to look for 'Constipation 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 Constipation Meal Plans are balanced and appropriate for everyone.

Nutrition Info

The most recent recommendations ^(1,2,3,4,5,6) to **prevent constipation** consist of some 28 nutritional targets that must be attained day after day, to induce positive changes.

These targets can be grouped as follows:

- Proper daily calorie intake. We offer two levels: 1,700 and 2,100 calories, to best meet your own needs.
- Optimal intakes of fiber
- Optimal intakes and distribution of carbs, especially fiber, fat and protein
- Optimal intakes of good fats
- Optimal intakes of vitamins and minerals, especially sodium
- No trans fat, and limited amounts of saturated fats, added/concentrated sugars and meats
- Appropriate number of servings of the 4 food groups of Canada's Food Guide:
 - 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 fish

The following table shows that our Constipation Meal Plans have consistently met the **nutritional recommendations** since launch, in September 2012.

	SOSCuisine CONSTIPATION Meal Plans ¹		Recommendations	
	1,700 kcal	2,100 kcal	Women	Men
Total Fat (% of Energy)	26%	28%	20-30%	
Saturated Fat (% of Energy)	7%	7%	as little as possible	
Total Carbohydrates (% of Energy)	53%	53%	45-65%	
Fiber (g/day)	30	37	21-38	
Added Sugar (% of Energy)	2%	3%	< 10%	
Protein (% of Energy)	21%	19%	10-35%	
Sodium (mg/day)	1,725	1,971	1,500-2,300	
Vegetables and Fruit (servings/day)	8.9	11.0	19-50: 7-8 >51 years: 7	19-50: 8-10 >51 years: 7
Grain Products (servings/day)	6.3	7.8	19-50: 6-7 >51 years: 6	19-50: 8 >51 years: 7
Milk and Alternatives (servings/day)	2.0	2.5	19-50: 2 >51 years: 3	19-50: 2 >51 years: 3
Meat and Alternatives (servings/day)	2.5	3.1	19-50: 2 >51 years: 2	19-50: 3 >51 years: 2

¹ These data are the average of all meal plans offered since launch, on September 2012.
² For better readability, only some of the 28 nutritional targets are shown.



* Are you a health professional?
Contact us to have more informations on our meal plans.

References:

1. Canadian Society of Intestinal Research, **Constipation and Diet**, accessed on August 1st, 2012
2. Canadian Digestive Health Foundation, **Living with Constipation**, accessed on August 1st, 2012
3. Dietitians of Canada, **Constipation in Adults** , accessed on August 1st, 2012
4. Health Canada's **Eating Well with Canada's Food Guide**, January 7th 2008
5. American Dietetic Association (USA), **Nutrition Therapy for Constipation**, accessed on August 1st, 2012
6. PasseportSanté.net, **Constipation**, April 2010 (in French)

Important advice and useful tips



- To find out which **calorie level** is right for you, compute your **estimated energy requirements (EER)**. To find out what your healthy body weight is, compute your **body mass index (BMI)**
- **Exercise!** Being physically active help stimulate bowel activity.
- **Drink enough liquids** (about 1.5 liters per day), since fiber needs water to be effective.
- Eat **fruits and vegetables with the peel on** to boost your fiber intake.
- Choose foods with **high fiber content**. At the supermarket, compare the fiber content of similar products.
- Develop a **regular lifestyle**. Having regular habits (eating, going to bed, etc. at the same time everyday) might help you getting regular bowel habits.
- Develop a **routine** for going to the toilet. This way, your bowel movement should adapt and become more regular.
- **Relax**. Stress may cause constipation.



- Before using **laxatives**, you should consult your doctor. If you doctor recommends you take laxatives, carefully respect the amount and duration he suggests. Overuse of laxatives can lead to a lower bowel activity which worsens your constipation problem in the long run.
- Rather than taking fiber supplements, it is strongly recommended to consume enough fiber through foods. Our Constipation Meal Plans ensure a **high-fiber diet**.



- Do not hold back unnecessarily. When you need to go to the **toilet**, do not wait. Holding back your stool can make it harder.
- In some cases, constipation may indicate a more serious problem in the intestine. For this reason, **consult a doctor**, in the following situations:
 - You notice a **sudden change** in your bowel movements
 - You are considering taking **laxatives**
 - You are taking **medecines** that cause constipation and dietary changes do not help
 - Presence of **blood** in your stool
 - Constipation alternated with phases of **diarrhea**, or associated with **abdominal pain**
 - Unexpected **Weight loss**
 - Constipation **lasting** for more than 3 weeks
 - Stools getting **smaller and smaller**
 - Persistent constipation in **babies** or **young kids**

Consult your Doctor if you have a medical condition. We also recommend that you consult a Registered Dietitian and tell her/him that you follow the SOS Cuisine Meal Plans.



Smart Meal Plans for Constipation - 1 700 Kcal

Day 1

Breakfast:

[Breakfast "Amsterdam"](#)

AM snack:

[Yogurt and Granola](#)

Lunch:

[Spiced Carrot Soup](#) (*made in advance*), [Warm Lentil and Tomato Salad](#) and [One Slice of Whole Wheat Bread](#)

PM snack:

[Almonds](#)

Dinner:

[Sole Fillets Florentine-Style](#), [Barley Pilaf](#), [Cheese](#) and [One Slice of Whole Wheat Bread](#)
[Berry Salad](#)

Day 2

Breakfast:

[Breakfast "Boston"](#)

AM snack:

[Yogurt and Berries](#)

Lunch:

[Sole Fillets Florentine-Style](#) (*repeated*) and [Barley Pilaf](#) (*repeated*)
[Sugared Oranges](#)

PM snack:

[Hummus Spread](#)

Dinner:

[Beet Salad on Mixed Greens](#) and [One Slice of Crispbread](#)
[Penne with Smoked Salmon](#)

Day 3

Breakfast:

[Breakfast "Amsterdam"](#)

AM snack:

[Yogurt and Berries](#)

Lunch:

[Warm Lentil and Tomato Salad](#) (*repeated*), [Beet Salad on Mixed Greens](#) (*repeated*) and [Two Slices of Whole Wheat Bread](#)

PM snack:

[Hummus Spread](#)

Dinner:

[Spiced Carrot Soup](#) (*repeated*) and [Sloppy Chicken](#) (*made in advance*)



Smart Meal Plans for Constipation - 1 700 Kcal

Day 4

Breakfast:

[Breakfast "Boston"](#)

AM snack:

[Yogurt & Almonds](#)

Lunch:

[Spiced Carrot Soup](#) (repeated), [Warm Lentil and Tomato Salad](#) (repeated) and [Two Slices of Whole Wheat Bread](#)

[Berry Salad](#)

PM snack:

[Carrot & Cheese Spread](#)

Dinner:

[Spinach à l'étuvée](#)

[Fried Rice with Shrimp](#)

[Plum Compote](#) (made in advance)

Day 5

Breakfast:

[Breakfast "Amsterdam"](#)

AM snack:

[Raw Vegetables and Cheese](#)

Lunch:

[Spiced Carrot Soup](#) (repeated), [Fried Rice with Shrimp](#) (repeated) and [One Slice of Whole Wheat Bread](#)

PM snack:

[Yogurt and Berries](#)

Dinner:

[Spinach à l'étuvée](#) (repeated) [Sloppy Chicken](#) (repeated) [Plum Compote](#) (repeated)

Day 6

Breakfast:

[Breakfast "Boston"](#)

AM snack:

[Yogurt and Berries](#)

Lunch:

[Watercress Soup](#) (made in advance)

[Portobello Egg on Spinach](#) and [One Slice of Whole Wheat Bread](#)

PM snack:

[Hummus Spread](#)

Dinner:

[Avocado Vinaigrette](#) and [One Slice of Crispbread](#)

[Mushroom Scaloppine](#) and [Steamed Quinoa](#)

Day 7

Breakfast:

[Breakfast "Amsterdam"](#)

AM snack:

[Yogurt and Granola](#)

Lunch:

[Watercress Soup](#) (repeated), [Avocado with Shrimp](#) and [Two Slices of Whole Wheat Bread](#)

PM snack:

[Almonds & Figs](#)

Dinner:

[Singapore Noodles](#)

[Plum Compote](#) (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.

[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 %
Cholesterol 25 mg	
Sodium 1000 mg	42 %
Carbohydrate 91 g	30 %
Fibre 12 g	47 %
Sugars 32 g	
Protein 33 g	
Vitamin A	60 %
Vitamin C	210 %
Calcium	40 %
Iron	35 %

* DV = Daily Value

More info

Click [HERE](#) to watch the Video Tutorial



- 1** Edit what I need
- 2** Edit what I will buy (optional)
- 3** Send to or

My Cost, Savings and Shopping Preferences

[\[Hide details\]](#)

My Merchants: Farm Boy, Food Basics, Foodland, FreshCo, Loblaws, Metro, No Frills, Price Chopper, Real Canadian Superstore, Sobeys, Walmart and Your Independent Grocer.

[\[Change merchants\]](#)

Buying Strategy: Most specials

[\[Show all strategies\]](#)

Shopping Scenarios

[\[Show all my shopping scenarios\]](#)

	Savings*	Cost*	Value*	If I buy at
<input checked="" type="radio"/>	\$74.94	\$234.97	128%	Food Basics, No Frills and Real Canadian Superstore ↳ of which \$63.33 is for this week and \$171.64 is for upcoming weeks
<input type="radio"/>	\$58.87	\$237.65	119%	Metro and No Frills
<input type="radio"/>	\$32.02	\$227.04	110%	Metro

My Grocery List

[\[Cancel my changes\]](#)

FRUITS

What I need

What I will buy

- 3 bananas (460 g)
- 6 plums, red or black (600 g)
 - 1.500 lb @ \$0.97/lb
 - plums, red or black, USA
 - No Frills
- 65 g raspberries (125 mL)
 - 1 x 6oz (170g)
 - raspberries
- 300 g strawberries (500 mL)
 - 1 x 454g (1lb) @ \$1.67/454g (1lb)
 - strawberries, USA
 - No Frills

Example of 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 **CONSTIPATION - 1700 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 veal for the **Mushroom Scaloppine** (Day 6).

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 (25 min) the **Sloppy Chicken**. *The minimum for this recipe is 2 servings. It is on the menu twice this week. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.*
- Cook (25 min) the beets for the **Beet Salad on Mixed Greens**.
- Prepare (10 min) and cook (25 min) the **Spiced Carrot Soup**. *The minimum for this recipe is 4 servings. It is on the menu 4 times this week. 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 cream, which should be added only when warming up the soup.*
- Prepare (10 min) and bake (35 min) the **Homemade Granola**. *Note that this recipe could also be prepared in a larger quantity, to be frozen for later use. Bake the granola together with the crisp, at the same time and temperature.*
- Prepare (5 min) and cook (10 min) the **Plum Compote**.
- If necessary, prepare (5 min) the **Classic Vinaigrette**.
- If necessary, prepare (30 min) the **Parsley and Garlic Base**.

Not to be forgotten during the week:

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

- Take out of the freezer the veal for the **Mushroom Scaloppine** then put it in the refrigerator.

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

equivalent to:

Nutrition Facts Table

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

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