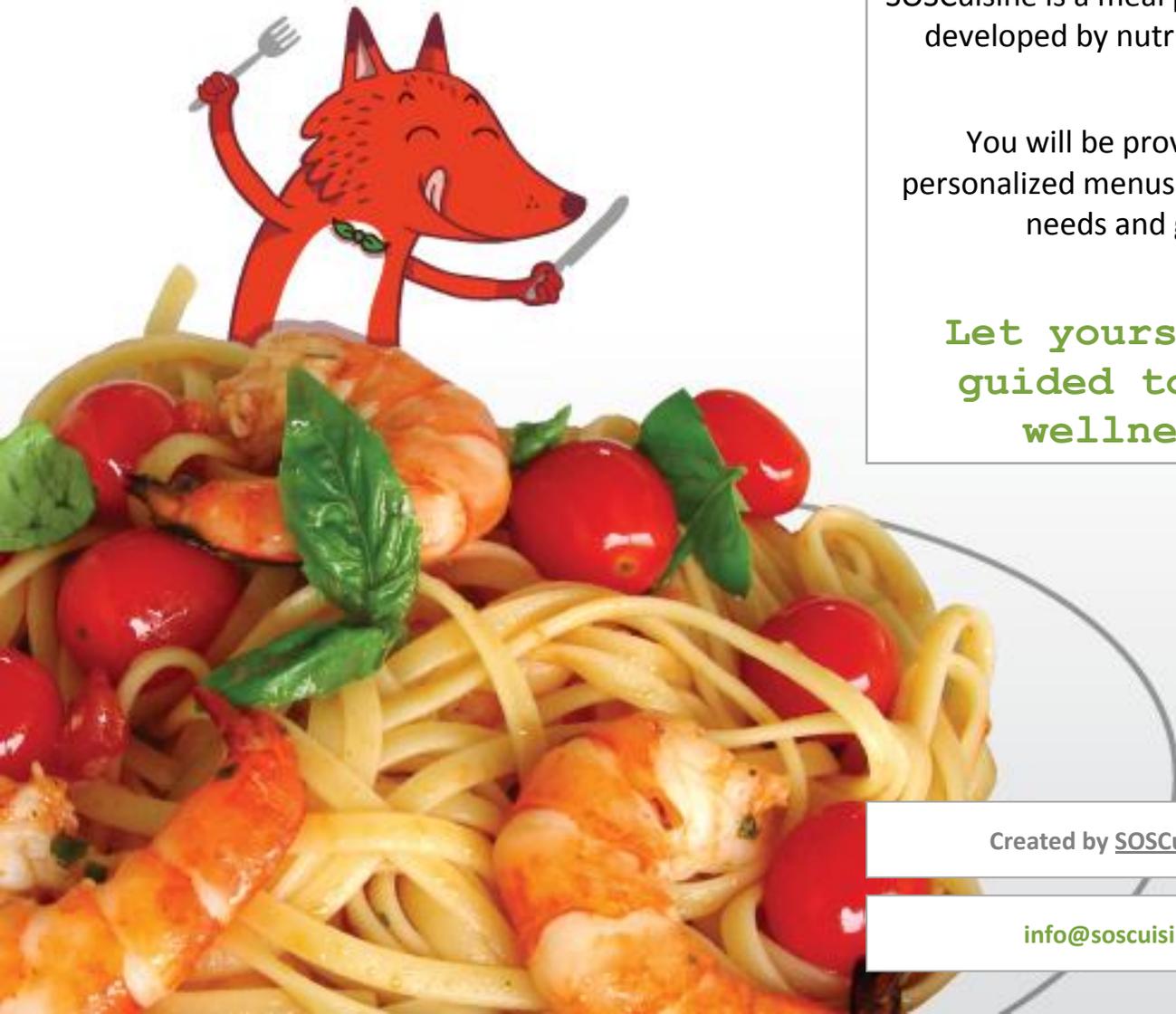




The smarter way
to eat well and
save money!

SMART MEAL PLANS

Menus to be Healthy with Pleasure



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](https://www.soscuisine.com)

info@soscuisine.com

SOSCuisine.com had in mind people who like to eat well and want to stay healthy. The service provides balanced and tasty meal plans to strike a balance between health and pleasure!

The Healthy with Pleasure meal plans are designed to meet your nutritional needs and are in keeping with the latest recommendations for a healthy diet. Here is an example of a day:

Day 1 (example)

Matin	<ul style="list-style-type: none">• Breakfast "Helsinki" 
Midi	<ul style="list-style-type: none">• Asparagus and Carrot Vinaigrette• Egg Salad Sandwich• Apple Compote 
Soir	<ul style="list-style-type: none">• Silky Fennel Soup• Chinese-Style Beef with Snow Peas• Steamed Basmati Rice• Clementines 

┌ A balanced breakfast should ideally involve the consumption of foods from different groups. Here, these include cereals, fruit and milk. Thanks to its protein and fiber content, this breakfast will keep you satisfied until lunch.

With the SOSCuisine meal plans, you will kick-start each day with a good breakfast!

┌ Lunches and dinners are put together from recipes that use a variety of mostly unprocessed foods (not mass-produced) to ensure a healthy diet. Balanced lunches will help you recharge your batteries until the evening and stop you from snacking in the afternoon.

┌ These meal plans are based on the Mediterranean diet and are designed so that you meet your needs for energy, nutrients and protective factors (such as antioxidants) in order to be in good shape and help prevent disease.

┌ Moreover, these meal plans are updated every week to take advantage of seasonal produce and Flyer specials from your preferred local grocery stores.

┌ SOS Cuisine also provides you with a step-by-step action plan for maximum efficiency in the kitchen. Moreover, you will save time while shopping thanks to the personalized shopping list (available on your phone).

┌ With SOSCuisine, you will have tension-free access to all the tools for **maintaining and improving your good health.**

>> I go Healthy
with Pleasure!

Fast, easy and delicious recipes

Chinese-Style Beef with Snow Peas

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

I got this recipe by carefully watching a Chinese friend prepare the dish. He wouldn't give his recipe away!



4 servings ▾

Marinade 1 h / Preparation 10 min / Cooking 20 min

290 calories per serving [See all nutrition info]

3i ⚙️ 🍴 📖 📄 📑 📌 📍 📎 📏 📐 📓 📔 📕 📖 📗 📘 📙 📚

Version: Original ▾

Like 4 people like this. Be the first of your friends.

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

RECIPE NUTRITION INFO REVIEWS (65) MY NOTES (0)

Ingredients

400 g	beef strip loin, or rib eye , cut into 1 cm strips	
1/4 cup	soy sauce, low-sodium	65 mL
3 tbsp	sherry [optional]	45 mL
3 tbsp	cornstarch	24 g
2 tsp	sugar	8 g
5 slices	gingerroot, cut into thin slices	8 g
2	onions, coarsely chopped	400 g
2	green peppers, cut into thin strips	300 g
3 cloves	garlic, minced or pressed	
2 cups	snow peas	180 g
3 tbsp	canola oil	45 mL
	salt to taste	
	ground pepper to taste	

Before you start

You will need a **wok** or frying pan.

Put the serving dish in the oven at the lowest setting to keep the vegetables warm while the meat cooks.

Method

1. Slice the meat into strips ½ to 1 cm wide and about 5 cm long. Mix with the soy sauce, sherry (optional), cornstarch, sugar, and 2-3 slices of ginger. Chill for at least an hour in the refrigerator.
2. Preheat the oven to the lowest setting.
3. **Prepare the vegetables.** Coarsely chop the onion, thinly slice the pepper, and mince or press the garlic. Keep the snow peas whole. Cut 2-3 more slices of ginger.
4. Heat ½ to 1 tablespoon of oil in a frying-pan or **wok**. Add the garlic, onion, and bell pepper, cook 2-3 min until they start to soften, then set aside on the warmed serving plate in the oven.
5. Turn up the heat and add ½ to 1 tablespoon of oil. First add some salt, then immediately add the snow peas. **Stir** constantly for 2-3 min since they cook very quickly (the colour should stay dark green). Put the snow peas on the plate with the other vegetables. Keep the plate warm.
6. In the same **wok**, add the remaining oil and the marinated meat. Reserve the remaining marinade. **Stir** constantly over medium heat 5-7 min until the meat is almost cooked. Put the vegetables back into the **wok**, add the new slices of ginger plus the reserved marinade. Cook another 2 min. Add salt and pepper to taste. Serve.

Recommended side dishes

- Steamed Basmati Rice
- Steamed Brown Rice
- Steamed Quinoa

Integrated glossary

Click here for a detailed explanation.

Detailed Nutritional Information

RECIPE

NUTRITION INFO

REVIEWS (65)

MY NOTES (0)

DIABETES Exchanges

1 serving of this recipe is equivalent to:

Food Group	Choices
Starches	½
Vegetables	3
Meat and Alternatives	2½
Fats	3

[More info](#)

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

Servings of Canada's Food Guide

1 serving of this recipe is equivalent to:

Vegetables and Fruit:	3½ servings
Grain Products:	½ serving
Milk and Alternatives:	0 serving
Meat and Alternatives:	¾ serving

[More info](#)

Claims

Source of :

Calcium, Copper, Fibre, Omega-3,
Omega-6, Vitamin A, Vitamin D

Good source of :

Folacin, Magnesium, Manganese,
Pantothenic Acid, Phosphorus, Vitamin B1,
Vitamin B2

Excellent source of :

Iron, Niacin, Potassium, Selenium, Vitamin
B12, Vitamin B6, Vitamin C, Vitamin E,
Vitamin K, Zinc

[More info](#)

Nutrition Facts Table

Nutrition Facts

per 1 serving (290g)

Amount	% DV*
Calories 290	
Fat 12 g	18 %
Saturated 2.5 g	14 %
+ Trans 0.3 g	
Cholesterol 40 mg	
Sodium 610 mg	25 %
Carbohydrate 24 g	8 %
Fibre 3 g	12 %
Sugars 8 g	
Protein 23 g	
Vitamin A	10 %
Vitamin C	140 %
Calcium	6 %
Iron	25 %

* DV = Daily Value

[More info](#)

All nutritional information

Because you have the right to
know what you eat!

My Grocery List

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

FRUITS	
<input type="checkbox"/>	Need 32 apricots (1.3 kg)
<input type="checkbox"/>	Need 4 bananas (600 g)
<input type="checkbox"/>	Need 120 units cherries (1.2 kg)
<input type="checkbox"/>	Need 2 3/4 lemon (125 mL)
<input type="checkbox"/>	Need 2 3/4 lime (85 mL)
<input type="checkbox"/>	Need 2 oranges (360 g)
VEGETABLES	
<input type="checkbox"/>	Need 500 g baby spinach (7 1/2 liters)
<input type="checkbox"/>	Need 260 g broccoli (2/3)
<input type="checkbox"/>	Need 7 carrots (700 g)
<input type="checkbox"/>	Need 1 stalk celery (70 g)
<input type="checkbox"/>	Need 2 cucumbers, medium size (500 g)
<input type="checkbox"/>	Need 8 cloves garlic
<input type="checkbox"/>	Need 4 green onions/scallions
<input type="checkbox"/>	Need 400 g mixed greens (4 liters)
<input type="checkbox"/>	Need 24 button (white) mushrooms (340 g)
<input type="checkbox"/>	Need 4 onions (800 g)
<input type="checkbox"/>	Need 16 radishes (240 g)
<input type="checkbox"/>	Need 3 shallots (120 g)
<input type="checkbox"/>	Need 190 g soybean sprouts (2 3/4 cups)
<input type="checkbox"/>	Need 440 g Swiss chard (2/3 bunch)
<input type="checkbox"/>	Need 4 tomatoes (480 g)
FRESH HERBS	
<input type="checkbox"/>	Need 14 g chives, fresh (5 tbsp)
<input type="checkbox"/>	Need 12 g fresh mint (4 tbsp)
<input type="checkbox"/>	Need 14 g Italian parsley, fresh (2 1/2 tbsp)
DAIRY PRODUCTS & EGGS	
<input type="checkbox"/>	Need 35 g butter, unsalted (2 1/2 tbsp)
<input type="checkbox"/>	Need 160 g feta cheese
<input type="checkbox"/>	Need 8 slices cheese, low-fat (170 g)
<input type="checkbox"/>	Need 26 g Parmesan cheese (1/2 cup)
<input type="checkbox"/>	Need 8 eggs size large
<input type="checkbox"/>	Need 1 L milk, skimmed, 0% (4 cups)
<input type="checkbox"/>	Need 330 mL milk, partly skimmed, 2% (1 1/3 cup)
<input type="checkbox"/>	Need 2.5 L yogurt, fruit, 1-2% M.F. (2.4 kg)
<input type="checkbox"/>	Need 420 mL yogurt, plain, less than 1% M.F. (420 g)
<input type="checkbox"/>	Need 170 mL yogurt, plain, 2% (180 g)
MEAT & POULTRY	
<input type="checkbox"/>	Need 800 g beef, top sirloin
<input type="checkbox"/>	Need 16 chicken drumsticks (1.8 kg)
<input type="checkbox"/>	Need 160 g turkey breast roast (cooked)
FISH & SEAFOOD	
<input type="checkbox"/>	Need 1.2 kg sea bass fillet
PASTA, RICE & GRAINS	
<input type="checkbox"/>	Need 500 g arborio rice (2 3/4 cups)
<input type="checkbox"/>	Need 480 g basmati rice (2 3/4 cups)
<input type="checkbox"/>	Need 130 g pearl barley (3/4 cup)
<input type="checkbox"/>	Need 240 g rice sticks
BAKERY	
<input type="checkbox"/>	Need 32 slices bread, white (1.1 kg)
<input type="checkbox"/>	Need 16 slices bread, whole wheat (550 g)
<input type="checkbox"/>	Need 12 cookies, "Social Tea" type (60 g)
<input type="checkbox"/>	Need 8 oatmeal cookies (120 g)
<input type="checkbox"/>	Need 4 slices whole grain crispbread (40 g)
BAKING PRODUCTS	
<input type="checkbox"/>	Need 50 g brown sugar (1/4 cup)
<input type="checkbox"/>	Need 50 g sugar (4 tbsp)

SPICES & DRIED HERBS	
<input type="checkbox"/>	Need 8 g ground cinnamon (2 1/2 tsp)
<input type="checkbox"/>	Need 4 g ground cumin (1/2 tbsp)
<input type="checkbox"/>	Need 35 g curry powder (4 tbsp)
<input type="checkbox"/>	Need 1 1/4 dried chili peppers (0.4 g)
<input type="checkbox"/>	Need ground pepper to taste
<input type="checkbox"/>	Need 5 g turmeric (1/2 tbsp)
OIL & VINEGAR	
<input type="checkbox"/>	Need 75 mL canola oil (5 tbsp)
<input type="checkbox"/>	Need 140 mL olive oil (9 tbsp)
<input type="checkbox"/>	Need 330 mL extra virgin olive oil (1 1/3 cup)
<input type="checkbox"/>	Need 65 mL white vinegar (1/4 cup)
<input type="checkbox"/>	Need 55 mL wine vinegar (3 1/2 tbsp)
CONDIMENTS	
<input type="checkbox"/>	Need 45 mL fish sauce (nam pla) (3 tbsp)
<input type="checkbox"/>	Need 25 mL Dijon mustard (5 tsp)
NUTS & DRIED FRUITS	
<input type="checkbox"/>	Need 140 g almonds (1 cup)
<input type="checkbox"/>	Need 35 g slivered almonds (1/2 cup)
<input type="checkbox"/>	Need 140 g dried apricots (200 mL)
<input type="checkbox"/>	Need 28 g flax seeds (2 1/2 tbsp)
<input type="checkbox"/>	Need 150 g pitted prunes (200 mL)
CANNED FOOD	
<input type="checkbox"/>	Need 500 mL canned tomatoes (diced) (480 g)
DRY GOODS & OTHERS	
<input type="checkbox"/>	Need 4 cups breakfast cereal, whole grain (190 g)
<input type="checkbox"/>	Need 2.5 L chicken broth (10 cups)
<input type="checkbox"/>	Need 60 g unsweetened chocolate
<input type="checkbox"/>	Need 130 g green-brown lentils (dried) (200 mL)
<input type="checkbox"/>	Need 60 g peanut butter (4 tbsp)
<input type="checkbox"/>	Need 0.1 g salt to taste (1 pinch)
BEER, WINE & SPIRITS	
<input type="checkbox"/>	Need 250 mL white wine (1 cup)
NON FOOD	
<input type="checkbox"/>	Need 1/8 aluminum foil
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 **Healthy with Pleasure**.

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 have time (1 h 30 min in-kitchen)

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

- Prepare (15 min) and cook (1 h) the **Barley and Lentil Soup**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Prepare (20 min) and cook (45 min) the **Chicken with Dried Fruits**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Prepare (10 min) and cook (15 min) **My Grandma's Curry Sauce [Light]** which is a prerequisite for the **Eggs with a Curry Sauce [Light]**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Prepare (5 min) and cook (5 min) the **Cinnamon-Flavoured Apricot Compote**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Prepare (15 min) the **Mango and Lime Mousse**.
- 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:

Day 2: In the morning or at the latest 1 h 30 min before eating:

- Marinate the beef for the **Thai Noodles with Beef**.

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: Healthy with Pleasure for 4

Valid until 2013-05-22 included. ([View last week](#))

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

See list view

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

Breakfast:

- Breakfast "Baltimore"

Lunch:

- Barley and Lentil Soup (make ahead)
- Turkey and Cheese Sandwich and Cucumber and Tomato Salad
- Fresh Kiwi and Fruit yogurt

PM snack:

- Peanut Butter Spread

Dinner:

- Grilled Fish Fillet with Lemon Risotto
- Cinnamon-Flavoured Apricot Compote (make ahead) and Oatmeal Cookies (2)

Show cost and nutrition info

I select the number of **servings**

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

I **add or delete** recipes

I **substitute** meals to fit my preferences

I know the **exact nutritional value**

DIABETES Exchanges

1 serving of this recipe is equivalent to:

Food Group	Choices
Starches	1/2
Vegetables	3
Meat and Alternatives	2 1/2
Fats	3

[More info](#)

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

Servings of Canada's Food Guide

1 serving of this recipe is equivalent to:

- Vegetables and Fruit: 3 1/2 servings
- Grain Products: 1/2 serving
- Milk and Alternatives: 0 serving
- Meat and Alternatives: 1/4 serving

[More info](#)

Nutrition Facts Table

Amount	% DV*
Calories 290	
Fat 12 g	18 %
Saturated 2.5 g	14 %
+ Trans 0.3 g	
Cholesterol 40 mg	
Sodium 610 mg	25 %
Carbohydrate 24 g	8 %
Fibre 3 g	12 %
Sugars 8 g	
Protein 23 g	
Vitamin A	10 %
Vitamin C	140 %
Calcium	6 %
Iron	25 %

* DV = Daily Value

[More info](#)

Meal Suggestions

- Spaghetti with Snow Crab, Lettuce with a Cream Dressing, Cheese, Sugared Oranges & Dry Cookies (3)
700 calories per serving
- Quick Green Flageolet Bean Soup, Quick Spinach "Quiche", Cheese & Fresh Pears
640 calories per serving
- Warm Quinoa and Arugula Salad, Fresh Pears & Fruit yogurt
600 calories per serving
- Turkey and Cheese Sandwich, Mixed Greens and Radish Salad with Feta Cheese, Berry Salad & Fruit yogurt
570 calories per serving
- Barley and Lentil Soup, Crispbread (1 slice), Grilled Fish Fillet with Lemon Risotto & Fruit yogurt
740 calories per serving
- Quick Green Flageolet Bean Soup, Bread, white (1 slice),

>> I choose my personalized Program!

Subscribers' Testimonials

« I found your website doing weekly meal plans with all the recipes and the grocery lists. It really takes out the planning/research out of the whole task and only the cooking fun is left (although I still have to wash the dishes!).

I've been using it for one month now. Enjoyed each and every recipes, and my husband too. Amazing as we're both picky eaters. Even the baby got a taste and really enjoyed. The best thing is that I can now cook from scratch, I know what goes in my food, I know it's fresh. Not afraid to try out recipes on guests. I'm now a Kitchen Goddess. Well, almost :) »

E. C.

Saint-Jean-sur-Richelieu, Quebec, Canada

« THANK YOU FOR A WONDERFUL SITE. My husband is a very picky eater. With your menus, I have been able to plan the weekly meals, and best of all I don't hear him complain or pick at his food anymore. I knew I was on to something when he said...I really like what you've been making lately! Your site has allowed us to eat well, give me more time for myself, which in return has resulted in me saying bye bye to 23lbs (and counting) over the last 7 months!! More free time = time for a long walk, a bike ride, and stress release!!! Thanks again for a wonderful site! »

Josee L.

Ottawa, ON, Canada

« 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

From **\$7,95/month**

- ✓ 1,600 delicious recipes
- ✓ Grocery List
- ✓ Action Plan
- ✓ **Weekly meal plan of your choosing**
- ✓ **Meal plan Customization**
- ✓ **Supermarket selection**
- ✓ **Tools to Save Money**

[See details >>](#)

VIP

From **\$79/month**

- ✓ Everything included in **Premium**
plus:
- ✓ **Professional support from either:**
 - Personal Dietitian,
 - Personal Trainer or
 - Personal Cook

[See details >>](#)