

“I CHOOSE TO BE HEALTHY”

SMART MEAL PLANS FOR A HEALTHY BABY



PREGNANCY

7-DAY SAMPLE MEAL PLAN

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



" I CHOOSE TO BE HEALTHY "

SMART MEAL PLANNING FOR A HEALTHY PREGNANCY

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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 250,000 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 a HEALTHY PREGNANCY

These Meal Plans are designed to meet the latest nutritional recommendations from Health Canada and the U.S. Department of Health and Human Services / Office on Women's Health, with regards to nutrition during pregnancy.

They are **updated every week** to take advantage of the **Flyer specials** from your **local grocery stores**.

N.B. It is essential that you consult your Doctor, in order to carry out your pregnancy safely.

Each week you will receive:

- 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

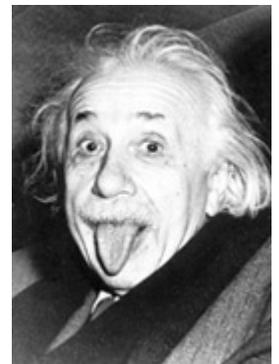
[Subscribe Today](#)

Why are these Meal Plans SMART?

Our Meal Plans are smart because they ensure, week after week, that you will eat what is best for A HEALTHY PREGNANCY, that you will ENJOY eating and that you will take advantage of BEST BUYS at the grocery store.

More specifically, these meal plans provide:

- a caloric intake level adapted to each trimester of the pregnancy
- optimal intakes of vitamins and minerals
- optimal intakes of fats, carbohydrates, dietary fibre, proteins and sodium
- no fish with a high mercury content
- no raw or partially cooked meats/fish/eggs, etc., that could also put your baby at risk
- no alcohol
- no trans fat
- 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



Why Meal Plans and why not just recipes?

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

Why SOS Cuisine?

The recommendations for a HEALTHY PREGNANCY consist of **50 nutritional targets** that must be attained every day, for nine months.



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. So, you will be able to enjoy your food without any worries!

Important advice and useful tips

- Your doctor will prescribe supplements. It is important to tell him/her that the SOS Cuisine Pregnancy Meal Plans already provide you with a daily intake of:
 - 400 micrograms of folic acid, i.e. 2/3 of the recommended intake for pregnant women
 - 15 milligrams of iron, i.e. half of the recommended intake for pregnant women
 - 10 micrograms (400 International Units) of Vitamin D, i.e. 2/3 of the recommended intake for pregnant women. N.B. In summer, the other third can be obtained by normal exposure to sunlight, but in winter or all year if you have dark skin, a supplement is necessary
- Avoid drinking alcohol
- Some herbal teas aren't good to drink when you're pregnant. Ask advice to your doctor before consuming any herbal tea during pregnancy
- Drink lots of water
- Avoid eating the skin and fats covering the abdomen of the fish because that is where contaminants concentrate
- Cyclamate and saccharine should be avoid because of their eventual undesirable effects for you and your baby
- Do not drink coffee or tea during meals because it may reduce iron absorption
- Do not take calcium supplements or antiacides containing calcium during meals. It could inhibit iron absorption
- Handle food safely!
- Consult a Registered Dietitian

Note: We remind you to read our [Medical Disclaimer](#).



My Menu - PREGNANCY - 1 900 kcal

Day 1

Breakfast:

- Breakfast "Helsinki"

Lunch:

- Rosemary Chicken [H.] (*make ahead*), Butter Carrots and Two Slices of Whole Wheat Bread
- Caramelised Peaches (*make ahead*)

PM snack:

- Yogurt and Berries

Dinner:

- Curried Trout and Barley Pilaf
- Cheese
- Fruit Salad with Ginger Syrup

Day 2

Breakfast:

- Breakfast "Cortina"

Lunch:

- Lentil and Vegetable Soup (*make ahead*) and Egg Salad Sandwich
- Sugared Berries

PM snack:

- Yogurt & Prunes

Dinner:

- Crudités Salad
- Mediterranean Beef Stir-Fry and Steamed Basmati Rice
- Cheese and One Slice of Crispbread

Day 3

Breakfast:

- Breakfast "Atlanta"

Lunch:

- Crudités Salad (*repeated*)
- Vegetable and Bean Ratatouille (*make ahead*) and Two Slices of Whole Wheat Bread
- One glass of 0% skimmed milk

PM snack:

- Apple & Almonds

Dinner:

- Curried Trout (*repeated*), Steamed Quinoa and Sautéed Mushrooms with Shallot
- Plum Compote (*make ahead*)

Day 4

Breakfast:

- Breakfast "Helsinki"

Lunch:

- Lentil and Vegetable Soup (*repeated*)
- Rosemary Chicken [H.] (*repeated*), Butter Carrots (*repeated*) and One Slice of Whole Wheat Bread
- Caramelised Peaches (*repeated*) and Three Dry Cookies

PM snack:

- Apple & Almonds

Dinner:

- Macaroni and Cheese
- Yogurt and Berries

Day 5

Breakfast:

- Breakfast "Cortina"

Lunch:

- Vegetable and Bean Ratatouille (*repeated*) and Steamed Quinoa (*repeated*)
- Cheese
- Caramelised Peaches (*repeated*) and Three Dry Cookies

PM snack:

- One glass of 0% skimmed milk

Dinner:

- Chicken Piccata [Light], Barley Pilaf (*repeated*) and Buttered Snow Peas
- Sugared Berries

Day 6

Breakfast:

- Breakfast "Atlanta"

Lunch:

- Mediterranean Beef Stir-Fry (*repeated*) and Steamed Basmati Rice (*repeated*)
- Fruit Salad with Ginger Syrup

PM snack:

- Yogurt & Almonds

Dinner:

- Mixed Greens Salad and One Slice of Crispbread
- Linguine Alfredo
- Plum Compote (*repeated*)

Day 7

Breakfast:

- Breakfast "Helsinki"

Lunch:

- Teriyaki Pork Chops [A.F.], Sautéed Mushrooms with Shallot (*repeated*) and One Slice of Whole Wheat Bread
- Sugared Berries, Three Dry Cookies and One glass of 0% skimmed milk

PM snack:

- Carrot & Cheese Spread

Dinner:

- Lentil and Vegetable Soup (*repeated*)
- Chicken Piccata [Light] (*repeated*), Steamed Quinoa (*repeated*) and Buttered Snow Peas (*repeated*)
- Cheese
- 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

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

Nutrition Facts Table
Presents the daily nutrient content of the meal plan, in strict accordance with Health Canada's rules.

[More info](#)



My Grocery List

Approximate Cost w/o specials: \$80.24; with specials: \$68.98; savings: \$11.26 or 14 %

FRUITS & VEGETABLES					
7	apples	1.2 kg)	1	grapefruits, or orange	(300 g)
1/4 bunch	arugula	(40 g)	3 1/2	green onions/scallions	(52.5 g)
1/2	avocados	90 g)	1/4	green peppers	(40 g)
6 tbsp	baby spinach [optional]	(6 g)	1	kiwis	(90 g)
2	bananas	150 g)	1 1/2	lemons	(75 mL)
1	barbecued chicken	(250 g)	1/2	lemons	60 g)
2 1/2	beetroots	(320 g)	1/2	lime	(15 mL)
170 mL	blueberries	(80 g)	1	mangoes	(300 g)
2/3	broccoli	100 g)	100 g	mini tomatoes (cherry, miniature or grape)	(190 mL)
6	button (white) mushrooms	(30 g)	6 cups	mixed greens	(150 g)
4 1/2	carrots	(460 g)	1 1/2	onions	(300 g)
1/4	celeriac	(160 g)	2	oranges	360 g)
3 stalks	celery	(220 g)	1/4	papaya, red, ripe	(380 g)
1/2 tbsp	chives, fresh [optional]	(2 g)	2	potatoes	400 g)
1	cucumbers, medium size	(360 g)	1	radishes [optional]	(16 g)
1/4 cup	fresh basil	(9 g)	125 mL	raspberries	(65 g)
2 tbsp	fresh mint	(6 g)	1/8	Savoy cabbage, or green	(24 g)
1/2 tbsp	fresh tarragon	(1 g)	1	strawberries	(20 g)
8 cloves	garlic	(3 g)	170 mL	strawberries	(100 g)
1/2 tsp	gingerroot	(3 g)	1	tomatoes	120 g)
1	grapes	(300 g)	1	tomatoes, Roma type	(70 g)

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!

DAIRY PRODUCTS & EGGS					
1 tbsp	butter, unsalted	(14 g)	750 mL	milk, skimmed, 0%	(3 cups)
3 tbsp	Cheddar cheese	(12 g)	1 tsp	Parmesan cheese [optional]	(1 g)
1 slice	cheese, low-fat	(22 g)	330 mL	yogurt with sterols	
1 tbsp	cream cheese, light	(9 g)	250 mL	yogurt, plain, 2%	(260 g)
1	eggs	size large	500 mL	yogurt, plain, less than 1% M.F.	(550 g)
26 g	feta cheese				

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 **PREGNANCY - Weeks 1 to 13**.

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 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 5).
- Marinate the pork for the **Teriyaki Pork Chops** (Day 7) then put it in the freezer.

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 (40 min) the **Rosemary Chicken [H.]**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- Cook (10 min) the leek for the **Crudités Salad**.
- Prepare (20 min) and cook (25 min) the **Lentil and Vegetable Soup**. The minimum for this recipe is 4 servings. It is on the menu 3 times this week. Freeze the remaining serving for later use.
- Prepare (10 min) and cook (30 min) the **Vegetable and Bean Ratatouille**. 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 **Caramelised Peaches**.
- Prepare (5 min) and cook (5 min) the **Plum Compote**. 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**.
- If necessary, prepare (30 min) the **Parsley and Garlic Base**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.
- 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 4: Must do for the next day (Day 5):

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

Day 6: Must do for the next day (Day 7):

- Take out of the freezer the marinated pork for the **Teriyaki Pork Chops** then put it in the refrigerator.

Example Recipe

Shrimp, Tomato, and Basil Pasta

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



2 servings

Preparation 15 min / Cooking 10 min

\$5.32 per serving / \$3.13 with specials

530 calories per serving - See all nutrients



Version: Original

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.



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)	ml
1/4 cup	canned tomatoes (diced or chopped)	g
12	mini-tomatoes (cherry, miniature or grape), halved	\$ 3/4 cup
1/8 tsp	cayenne pepper	0.4 g
150 g	linguine	\$
10 leaves	fresh basil, torn into small pieces, with some whole leaves for garnish	5 tbsp
1 tsp	chives, fresh, finely chopped	1 g
	salt to taste	
	ground pepper to taste	

Add Personal Notes

Add your private notes like recipe modifications or things you want to try next time.

What's on sale this week!

Find out which items are on sale in your area.
N.B. EXCLUSIVE TO SOS CUISINE

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

- 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.
- 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
- While the sauce is cooking, add the linguine to a pot of boiling water. Cook according to the package instructions. Drain the linguine in a colander. While the sauce is cooking, add the linguine to a pot of boiling water. Cook according to the package instructions. Drain the linguine in a colander. While the sauce is cooking, add the linguine to a pot of boiling water. Cook according to the package instructions. Drain the linguine in a colander.
- Put 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. Season with salt and pepper, then **toss** well to combine. Serve immediately, garnished with whole basil leaves if desired.

Integrated Glossary

Click on highlighted text to see their definition

Nutritional Information for recipes (example)

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

1 serving of this recipe is equivalent to:

DIABETES Exchanges
Complete Diabetes Exchanges/Choices info for recipe swapping and other purposes.

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	11 %
+ Trans 0 g	
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](#)