



The smarter way to eat
well and save money!

SMART MEAL PLANS

Vegetarian 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 SOS Cuisine.com

support@soscuisine.com

Day 1 (example)

| | |
|-----------|---|
| Breakfast | <ul style="list-style-type: none"> • Breakfast "Hawai"  |
| Snack | <ul style="list-style-type: none"> • Apple & Almonds |
| Lunch | <ul style="list-style-type: none"> • Avocado Vinaigrette • Quick Tofu and Vegetable Stir-Fry • Quinoa • Sugared Oranges  |
| Dinner | <ul style="list-style-type: none"> • Black Bean Cuban Soup • Basic Bruschetta • Crudités Salad • Quick Berry Sorbet  |

Whether you're already vegetarian or you'd like to change your lifestyle, by subscribing to our Vegetarian Meal Plan, you'll have access to the 3 following versions:

- Lacto-vegetarian Diet: Excludes meat, fish, and seafood.
- Pescetarian Diet: Excludes meat, but includes seafood. Features many vegetarian meals.
- Semi-vegetarian Diet: Excludes red meat. Features many vegetarian meals.

Consumption of food from different groups (grains, fruits, dairy and a protein source) is recommended for breakfast. So meals here include an orange, whole grain cereals and milk, which provides protein among other things. Protein and fiber help you feel full.

What's more, enriched milk or soya drinks provide vitamin B12.

Healthy snacks take care of those 'hunger pangs' until the next meal.

Vegetarian diets offer a lot of variety. There are numerous meat substitutes: beans/legumes, nuts and seeds, tofu and other soy products. The SOS Cuisine menus will guide you in your discovery of such vegetarian foods, with nourishing, healthy and delicious recipes!

Vitamin C, provided by fruits and vegetables, and proteins promote bioavailability of non-heme iron contained in plant foods.

Beans/legumes contain few calories compared to their volume. Vegetable proteins are better assimilated when accompanied by grain products (in this case, bruschetta).

I go veggie!

Fast, easy and delicious recipes

Quick Tofu and Vegetable Stir-Fry

★★★★★ 51 Reviews 93% would make this recipe again
★★★★★ [Review this recipe](#)

This stir-fry is so delicious that all the family will love it. It's not about going vegetarian, it's about healthy eating!



4 servings ▾
Preparation 20 min / Cooking 15 min
470 calories per serving [\[See all nutrition info\]](#)

Version: Original ▾
 Like 2 people like this. Be the first of your friends.

Select the number of portions

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.](#)

- RECIPE
- NUTRITION INFO
- REVIEWS (51)
- MY NOTES (0)

Ingredients

| | | |
|----------|---|--------|
| 1/4 cup | soy sauce, low-sodium | 65 mL |
| 4 tsp | rice vinegar | 20 mL |
| 2 tsp | sesame seed oil | 10 mL |
| 400 g | firm tofu, cut into 2 cm cubes | 2 cups |
| 1 cup | quinoa | 170 g |
| 1 | onions, coarsely chopped | 200 g |
| 1 | dried chili peppers, minced | 0.4 g |
| 2 tbsp | canola oil | 30 mL |
| 2 cloves | garlic, pressed | |
| 500 g | frozen vegetable mix | |
| 2 tbsp | gingerroot, grated | 26 g |
| 2 | green onions/scallions, chopped [optional] | 30 g |
| | salt to taste | |
| | ground pepper to taste | |

Before you start

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

Keep the serving plates in the oven at the lowest setting so they are warm when you serve.

Method

1. In a bowl or shallow dish, mix the soy sauce, rice vinegar and sesame seed oil. Pat-dry the tofu, then cut it into 2 cm cubes. Transfer the cubes to the bowl, mix well and let rest at room temperature for 20-30 min.
2. During this time, cook the **quinoa**.
3. Coarsely chop the onion and mince the **chili pepper**. Heat half of the **canola oil** in a skillet or **wok** over medium heat. Add the onion and **sauté** 2-3 min, taking care not to let it burn. Add the chili pepper and **pressed** garlic, then cook 1 min with **stirring**. Add the frozen vegetables taken directly from the freezer, and add salt and pepper to taste. Cook 6-7 min with occasional stirring until the vegetables are cooked **al dente**. Cover and cook an additional 2-3 min.

Detailed Nutritional Information

RECIPE
NUTRITION INFO
REVIEWS (51)
MY NOTES (0)

DIABETES Exchanges

1 serving of this recipe is equivalent to:

| Food Group | Choices |
|-----------------------|---------|
| Starches | 2 |
| Vegetables | 3½ |
| Meat and Alternatives | 2 |
| Fats | 3 |

More info

Check out our Meal Plans for Type 2 Diabetes

Nutrition Facts Table

| Nutrition Facts | |
|--------------------------|-------|
| per 1 serving (380g) | |
| Amount | % DV* |
| Calories 470 | |
| Fat 18 g | 27 % |
| Saturated 2 g | 10 % |
| + Trans 0.1 g | |
| Cholesterol 0 mg | |
| Sodium 660 mg | 27 % |
| Carbohydrate 57 g | 19 % |
| Fibre 9 g | 36 % |
| Sugars 3 g | |
| Protein 25 g | |
| Vitamin A | 70 % |
| Vitamin C | 30 % |
| Calcium | 20 % |
| Iron | 50 % |

* DV = Daily Value

More info

Servings of Canada's Food Guide

1 serving of this recipe is equivalent to:

- **Vegetables and Fruit:** 2¼ servings
- **Grain Products:** 2¼ servings
- **Milk and Alternatives:** 0 serving
- **Meat and Alternatives:** ¾ serving

More info

Claims

Free :
Added Sugar

Source of :
Omega-3, Omega-6, Pantothenic Acid

Good source of :
Calcium, Selenium, Vitamin B2, Vitamin B6, Vitamin C

Excellent source of :
Copper, Fibre, Folicin, Iron, Magnesium, Manganese, Niacin, Phosphorus, Potassium, Vitamin A, Vitamin B1, Vitamin E, Vitamin K, Zinc

More info

All nutritional information

Because you have the right to know what you eat!

My Grocery List

| FRUITS | |
|--------------------------|---|
| <input type="checkbox"/> | Need 2 bananas (300 g) |
| <input type="checkbox"/> | Need 160 g blueberries (330 mL) |
| <input type="checkbox"/> | Need 4 kiwis (360 g) |
| <input type="checkbox"/> | Need 2 1/2 lemon (120 mL) |
| <input type="checkbox"/> | Need 2 mangoes (600 g) |
| <input type="checkbox"/> | Need 4 oranges (700 g) |
| <input type="checkbox"/> | Need 3 3/4 orange (330 mL) |
| <input type="checkbox"/> | Need 130 g raspberries (250 mL) |
| <input type="checkbox"/> | Need 200 g strawberries (330 mL) |
| VEGETABLES | |
| <input type="checkbox"/> | Need 1 1/3 bunch arugula (200 g) |
| <input type="checkbox"/> | Need 4 aubergines / eggplants, small size (700 g) |
| <input type="checkbox"/> | Need 800 g broccoli (2) |
| <input type="checkbox"/> | Need 13 carrots (1.3 kg) |
| <input type="checkbox"/> | Need 1/4 stalk celery (18 g) |
| <input type="checkbox"/> | Need 4 cucumbers, medium size (1 kg) |
| <input type="checkbox"/> | Need 2 heads garlic |
| <input type="checkbox"/> | Need 60 g gingerroot (5 tbsp) |
| <input type="checkbox"/> | Need 1 Romaine lettuce (550 g) |
| <input type="checkbox"/> | Need 1/2 Spanish onions (150 g) |
| <input type="checkbox"/> | Need 3 1/2 onions (700 g) |
| <input type="checkbox"/> | Need 2 yellow or red sweet peppers (400 g) |
| <input type="checkbox"/> | Need 6 tomatoes (700 g) |
| FRESH HERBS | |
| <input type="checkbox"/> | Need 24 leaves fresh mint (8 g) |
| <input type="checkbox"/> | Need 45 g fresh mint (3/4 cup) |
| <input type="checkbox"/> | Need 1 bunch Italian parsley, fresh (100 g) |
| <input type="checkbox"/> | Need 30 g Italian parsley, fresh (6 tbsp) |
| DAIRY PRODUCTS & EGGS | |
| <input type="checkbox"/> | Need 50 g butter, unsalted (3 1/2 tbsp) |
| <input type="checkbox"/> | Need 100 g Cheddar cheese (1 1/3 cup) |
| <input type="checkbox"/> | Need 120 g feta cheese, light |
| <input type="checkbox"/> | Need 20 g Parmesan cheese (7 tbsp) |
| <input type="checkbox"/> | Need 1/2 cup cream 15% (125 mL) |
| <input type="checkbox"/> | Need 1 cup whipping cream 35% (250 mL) |
| <input type="checkbox"/> | Need 170 mL milk, partly skimmed, 2% (2/3 cup) |
| <input type="checkbox"/> | Need 250 mL yogurt, plain, 2% (260 g) |

This grocery lists 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

| PASTA, RICE & GRAINS | |
|--------------------------|---|
| <input type="checkbox"/> | Need 200 g couscous (1 1/4 cup) |
| <input type="checkbox"/> | Need 320 g orzo/ricotta (3 cups) |
| <input type="checkbox"/> | Need 340 g pipe rigate (3 cups) |
| <input type="checkbox"/> | Need 280 g quinoa (1 2/3 cup) |
| BAKERY | |
| <input type="checkbox"/> | Need 1 pita breads (45 g) |
| BAKING PRODUCTS | |
| <input type="checkbox"/> | Need 6 g gelatin (1 tbsp) |
| <input type="checkbox"/> | Need 80 g sugar (6 tbsp) |
| <input type="checkbox"/> | Need 10 g white flour (all purpose) (4 tsp) |
| SPICES & DRIED HERBS | |
| <input type="checkbox"/> | Need 1 2/3 dried chili peppers (1 g) |
| <input type="checkbox"/> | Need 0.4 g Espelette pepper (powder) (1/8 tsp) |
| <input type="checkbox"/> | Need 1 g ground pepper (1/4 tsp) |
| <input type="checkbox"/> | Need ground pepper to taste |
| <input type="checkbox"/> | Need 2 g dried oregano (2 tsp) |
| <input type="checkbox"/> | Need 1 tbsp sumac (15 mL) |
| <input type="checkbox"/> | Need 2.5 mL vanilla extract (1/2 tsp) |
| OIL & VINEGAR | |
| <input type="checkbox"/> | Need 50 mL canola oil (2 tbsp) |
| <input type="checkbox"/> | Need 330 mL olive oil (1 1/3 cup) |
| <input type="checkbox"/> | Need 170 mL extra virgin olive oil (2/3 cup) |
| <input type="checkbox"/> | Need 55 mL wine vinegar (3 1/2 tbsp) |
| CONDIMENTS | |
| <input type="checkbox"/> | Need 2 tsp whole-grain mustard (10 mL) |
| <input type="checkbox"/> | Need 100 g black olives (120 mL) |
| <input type="checkbox"/> | Need 3 g salt (3/4 tsp) |
| CANNED FOOD | |
| <input type="checkbox"/> | Need 750 mL green kidney / fagiololet beans (canned) (3 cups) |
| <input type="checkbox"/> | Need 300 mL canned tomatoes (diced) (500 g) |
| DRY GOODS & OTHERS | |
| <input type="checkbox"/> | Need 130 g green-brown lentils (dried) (200 mL) |
| <input type="checkbox"/> | Need 0.1 g salt to taste (1 pinch) |
| <input type="checkbox"/> | Need 2 L vegetable broth (8 cups) |
| 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 **VEGETARIAN**.*

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.

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, starting with My Mother's Tomato Sauce, which is a prerequisite for the Green Lentil Stew with a Tomato Sauce:

- Prepare (10 min) and cook (15 min with a pressure cooker, 45 min without) My Mother's Tomato Sauce. *Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.*
- Prepare (15 min) then chill the Mango and Yogurt Mousse.
- Prepare (5 min) and cook (30 min) the Green Lentil Stew with a Tomato Sauce. *Note that this recipe could also be prepared in a larger quantity, to be frozen for later use.*
- If necessary, prepare (30 min) the Parsley and Garlic Base.

Not to be forgotten during the week:

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

- Take 5 min to chop the onion for the "Fattouche" Salad and put it in a bowl of water/vinegar in the refrigerator.

Day 3: Must do for the next day (Day 4):

- Take 5 min to chop the onion for the Greek-Style Cucumber and Tomato Salad and put it in a bowl of water/vinegar 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

I select the number of **servings**

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

I **add or delete** recipes

I **substitute** recipes as I please

I know the **exact nutritional value**

Servings of Canada's Food Guide

- Vegetables and Fruit: 11½ servings
- Grain Products: 6 servings
- Milk and Alternatives: 1½ serving
- Meat and Alternatives: 1 serving

[More info](#)

Nutrition Facts Table

| Amount | % DV* |
|---------------------------|-------|
| Calories 1000 | |
| Fat 74 g | 113 % |
| Saturated 12 g | 61 % |
| + Trans 0.3 g | |
| Cholesterol 10 mg | |
| Sodium 1630 mg | 88 % |
| Carbohydrate 246 g | 82 % |
| Fibre 49 g | 197 % |
| Sugars 65 g | |
| Protein 81 g | |
| Vitamin A | 210 % |
| Vitamin C | 200 % |
| Calcium | 100 % |
| Iron | 130 % |

* DV = Daily Value

[More info](#)

Get Started

Subscribers' Testimonials

I recommend this service to all my friends!

« I subscribed to the vegetarian meal plans and I am very satisfied because I no longer have to wrack my brain. I eat more healthy: I do almost everything with fresh ingredients and I am sure to eat all my servings of fruits and vegetables, protein ...

At first I was sceptical, but I decided to try for one month, because I was looking for vegetarian meal plans. SOS Cuisine makes them, and it's perfect! As a bonus, it's like a nutritionist service! I recommend the service to my friends! »

Vivian C.
Subscribed to the Vegetarian Meal Plans

« 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)

[Get Started](#)