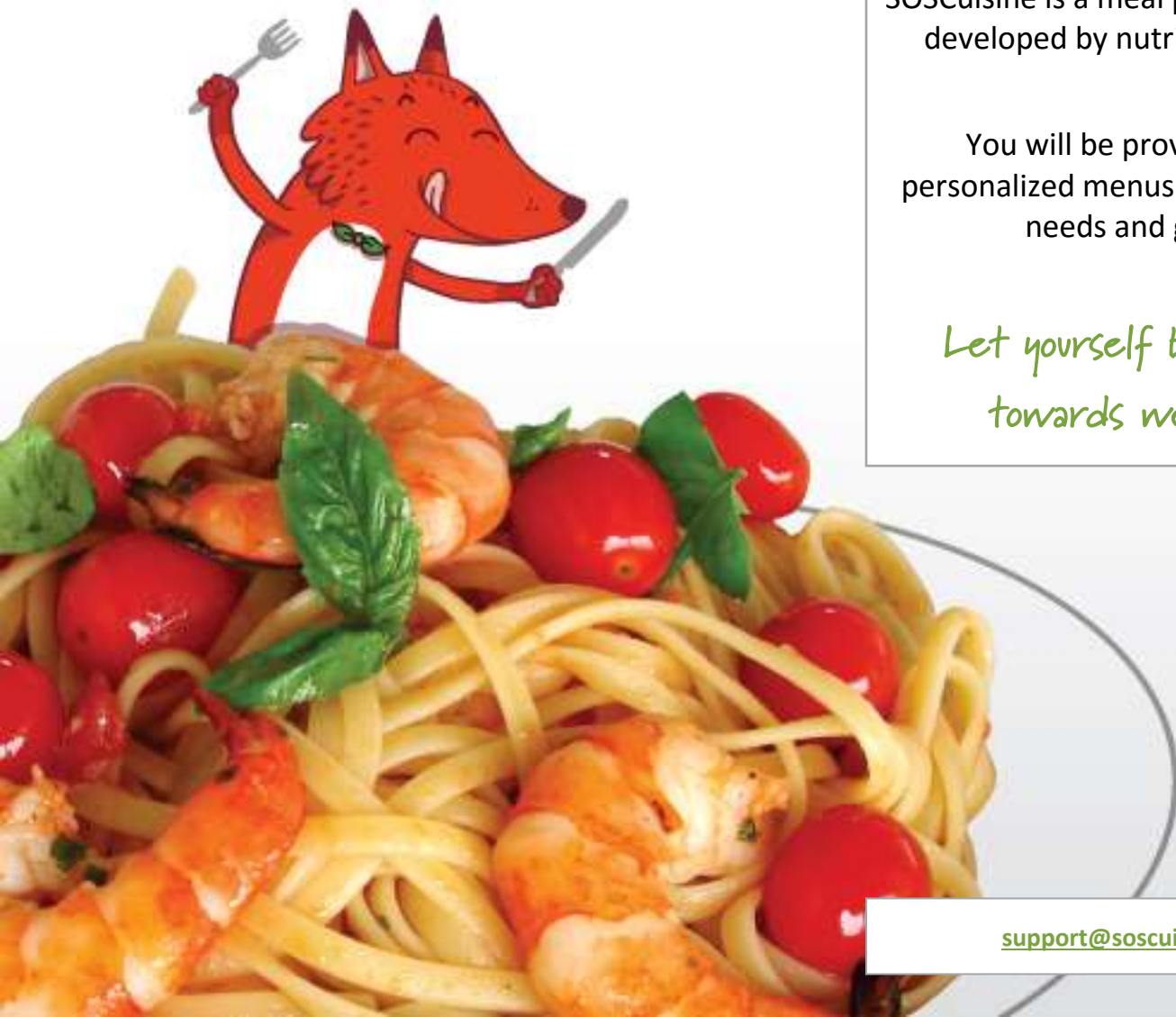




The smarter way to eat
well and save money!

SMART MEAL PLANS

Type 2 Diabetes Meal Plans



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!*

support@soscuisine.com

If you have type 2 diabetes, diabetes meal planning can bring real health benefits and reduce your symptoms. This diet for diabetes is designed to let you to take pleasure in eating while ensuring optimal control of blood glucose, blood pressure and blood lipid levels (cholesterol and triglycerides). It will also help you achieve and maintain a healthy weight. Here is an example of a day:

Day 1 (example)

Breakfast	<ul style="list-style-type: none"> <u>Breakfast "Helsinki"</u> 
	<ul style="list-style-type: none"> <u>Fresh Pears</u>
Lunch	<ul style="list-style-type: none"> <u>Niçoise Salad</u> <u>Bread, whole wheat (1 slice)</u> <u>Yogurt and Berries</u> 
	<ul style="list-style-type: none"> <u>Almonds</u>
Dinner	<ul style="list-style-type: none"> <u>Chicken Adobo</u> <u>Steamed Basmati Rice</u> <u>Cheese</u> <u>Fresh Kiwi</u> 

┌ 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 SOS Cuisine meal plans, you will kick-start each day with a good breakfast!

┌ Healthy snacks help you make it to the next meal.

┌ A fresh salad helps you feel satiated quicker. Fish is rich in complete proteins, low in calories, and low in fat. Eaten twice a week, it has a cardioprotective effect. This recipe also includes spinach and carrots in order to provide your daily serving of dark green and orange vegetables.

┌ It is essential to maintain an adequate intake of grain products, especially because they are rich in fiber, vitamins, and minerals.

┌ Desserts are not excluded because it is important that you enjoy your food in order to keep new, healthy eating habits. Even though they contain a small amount of added sugar, our fruit and milk-based desserts satisfy the total allowed intake and distribution of daily carbs.

┌ Our Diabetes Meal Plans are simple and easy to integrate into your daily routine. We provide all the information, tools, or help necessary to control your blood sugar, reach a healthy weight, and protect your cardiovascular health.

Get started!

Fast, easy and delicious recipes

Niçoise Salad

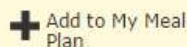
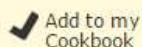
★★★★★ 40 Reviews 91% would make this recipe again
★★★★★ [Review this recipe](#)

A salad of green beans, potatoes, hard-boiled eggs, tomatoes, anchovies, tuna, and olives.



2 servings ▼

Preparation 20 min \$3.81 for 2 servings
Cooking 15 min \$2.39 with specials
410 calories per serving



Select the number of servings

Recipe features

Very easy, Gluten-free, Nut-free...

Share recipes that you enjoy with your friends

Recipe

Nutrition Info

Reviews (40)

My Notes

Ingredients

1	potatoes	200 g
2/3 cup	green/snap beans	70 g
1	tomatoes	120 g
1/4	curly leaf lettuce	90 g
1	eggs size large	
2	anchovy fillets	8 g
100 g	tuna, canned	
6	black olives	2 1/2 tbsp
3 tbsp	Classic Vinaigrette (Recipe)	45 mL
1 pinch	salt [optional]	0.1 g
	ground pepper to taste	

Method

1. **Boil or steam** the potato(es)(about 15 min), then peel them, and cut into approx. 7 mm slices. **Prepare** the green beans and **boil or steam** (about 7-8 min). Let cool down for about 15 min.
2. **Boil the egg(s)** (10 min), cool down immediately in cold water, and cut into quarters.
3. Slice the tomato(es). Wash the salad leaves.
4. Put all the vegetables in a salad bowl or serving plate. Pour on the **classic vinaigrette**. Add salt and pepper to taste. Toss.
5. Arrange the anchovy fillets, tuna, olives, salad leaves, and quartered egg(s) on top of the salad. Serve.

Your personal notes

Add private notes such as your personal adjustments for next time

Integrated glossary

[Click here for a detailed explanation.](#)

Detailed Nutritional Information

Recipe

Nutrition Info

Reviews (40)

My Notes

Nutrition Facts Table

Nutrition Facts	
per 1 serving (320g)	
Amount	% DV*
Calories 410	
Fat 26 g	40 %
Saturated 4 g	21 %
+ Trans 0 g	
Cholesterol 125 mg	
Sodium 370 mg	15 %
Carbohydrate 23 g	8 %
Fibre 4 g	15 %
Sugars 3 g	
Protein 22 g	
Vitamin A	50 %
Vitamin C	45 %
Calcium	8 %
Iron	20 %
* DV = Daily Value	

[More info](#)

DIABETES Exchanges

1 serving of this recipe is equivalent to:

Food Group	Exchanges
Starches	1
Vegetables	½
Meat and Alternatives	2½
Fats	4½

[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:	1¾ serving
Grain Products:	0 serving
Milk and Alternatives:	0 serving
Meat and Alternatives:	1 serving

[More info](#)

Claims

Free :

Added Sugar

Source of :

Calcium, Fibre, Pantothenic Acid, Vitamin B1, Zinc

Good source of :

Copper, Folacin, Iron, Magnesium, Manganese, Vitamin B2, Vitamin B6, Vitamin C, Vitamin D

Excellent source of :

Niacin, Phosphorus, Potassium, Selenium, Vitamin A, Vitamin B12, Vitamin E, Vitamin K

[More info](#)

All nutritional information

Because you have the right to know what you eat!

My Grocery List

This 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 (380 g)
VEGETABLES	
<input type="checkbox"/>	Need 500 g baby spinach (7 1/2 liters)
<input type="checkbox"/>	Need 280 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)

My Action Plan

Here is your Action Plan for the week, which will help you prepare the dishes proposed in the meal plan **DIABETES - TYPE 2 - 1,700 kcal**. This Action Plan is designed to **minimize the time you'll spend in the kitchen on weekdays**, environ **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 **Basil-flavoured Chicken and Pepper Stir-Fry** (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 (15 min) and cook (2 h 30 min) the **Flemish Beef Stew**. Note that this recipe could also be prepared in a larger quantity, to be frozen for later use. Add the vegetables only when ready to serve (20 min additional cooking).
- Cook (30 min) the beets for the **Beet and Green Apple Salad**.
- Prepare and cook (20 min total) the **Tofu and Cauliflower "Shepherd's" Pie** up to step 5 included (ready to bake).
- If necessary, prepare (5 min) the **Classic Vinaigrette**.
- 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.

Not to be forgotten during the week:

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

- Take out of the freezer the chicken for the **Basil-flavoured Chicken and Pepper Stir-Fry** then put it in the refrigerator.

This action plan is an example.

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: **DIABETES - TYPE 2 - 1,700 kcal** for **2**



Tips & FAQ


I select the number of **servings**




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

Sun Mon Tue Wed Thu Fri Sat Average

Breakfast:

■ Breakfast "Boston"  

AM snack:

■ Apple and Milk  





Lunch:

■ Mixed Vegetable Salad with Eggs  and Bread, whole wheat (1 slice) 
■ Fresh Strawberries  

PM snack:

■ Yogurt & Prunes  

Dinner:

■ Sole Fillets with Mushrooms , Butter Carrots  and Steamed Couscous  

Show cost and nutrition info

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 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 1/2 serving
- Milk and Alternatives: 0 serving
- Meat and Alternatives: 1/2 serving

[More info](#)


Nutrition Facts Table

Nutrition Facts	
per 1 serving (290g)	
Amount	% DV*
Calories 290	
Fat 12 g	18 %
Saturated 2.5 g	5 %
Trans 0.3 g	14 %
Cholesterol 40 mg	8 %
Sodium 510 mg	25 %
Carbohydrate 24 g	8 %
Fibre 3 g	12 %
Sugars 8 g	
Protein 23 g	10 %
Vitamin A	10 %
Vitamin C	140 %
Calcium	6 %
Iron	25 %


* DV = Daily Value

[More info](#)


Meal Suggestions




Grated Carrot Salad, **Sautéed Beef with Asparagus**, Steamed Couscous, Cheese & Fresh Pears
670 calories per serving



Tomato Salad with Oregano, **Calf Liver Venetian Style**, Potato Purée & Clementines
670 calories per serving



Tomato Salad with Oregano, **Bow Tie Pasta with Roasted Asparagus and Peppers** & Strawberries with Lemon and Balsamic
670 calories per serving



Oven-Baked "**Fried**" Drumsticks, Grated Carrot Salad, Bread, whole wheat (2 slices) & Cheese
670 calories per serving

Subscribers' Testimonials

« In February 2013, I was suffering from several major health problems: medically treated diabetes, very high blood sugar level, high pressure, very overweight? I felt constantly tired and irritable, and out of breath at the slightest exertion? I ate poorly, did not exercise and did not take care of myself. I knew that at this rate, I was seriously putting my health and even my life at stake. So I decided to take matters into my own hands.

My wife had heard about SOS Cuisine at her workplace and she told me about their meal plan system. I was excited by what I saw and we decided to subscribe to the Diabetes meal plan.

What I liked most about SOS Cuisine was their total management of the health food component. Through their menus, they tell us explicitly what, how much and when to eat. I feel well taken care of and it's easy for me to adapt totally to my new lifestyle. What's more, SOS Cuisine menus shouldn't be seen as "typical" and boring diet menus: for example, yesterday we ate spareribs, and sometimes we even eat hamburgers and pasta!

I find that SOS Cuisine is an accessible and affordable way to become healthy again through the food we eat. For me, SOS Cuisine continues to be the toolbox that I need to maintain my health every day! »

Jacques B.
Subscribed to the Diabetes Meal Plans



Get started!