



Get the upper hand on heart disease!

Healthy eating is key in preventing and managing heart disease, as it helps reducing your blood pressure and cholesterol, and keeping under control your weight and blood glucose.

Our 'Heart-Healthy' meal plans are based on the **Mediterranean diet**, use a maximum of natural (unprocessed) foods, and **meet all the recommendations** from the following bodies:

- ✓ Heart & Stroke Foundation
- ✓ DASH Diet
- ✓ American Heart Association
- ✓ Health Canada's Food Guide

Moreover, these Meal Plans are updated every week to take advantage of:

- ✓ Fresh **seasonal produce**
- ✓ **Flyer specials** from your local grocery stores.

Each week you will receive:

- ✓ **7-day, 3 meals/day menu:** balanced and personalized according to your preferences
- ✓ Fast, easy and delicious **recipes** for the 7-day menu
- ✓ Matching **grocery list**, based on the current Flyer Specials at local supermarkets
- ✓ Step-by-step **action plan** to save time in the kitchen
- ✓ **Newsletter:** Reminder, tips and encouragement



Why are these Meal Plans SMART?

Because they ensure, week after week, that you will:

- ✓ eat what is **BEST** for your heart's HEALTH*
- ✓ **ENJOY** eating
- ✓ take advantage of the **BEST BUYS** at your preferred grocery stores

And your entire family benefits from a healthy lifestyle, because our Heart-Healthy Meal Plans are appropriate for everyone.

* As an example, our meal plans ensure that the daily intake of **Sodium is 1,500 mg or less**, and the daily intake of **Saturated Fat is 7% or less** of total calories.

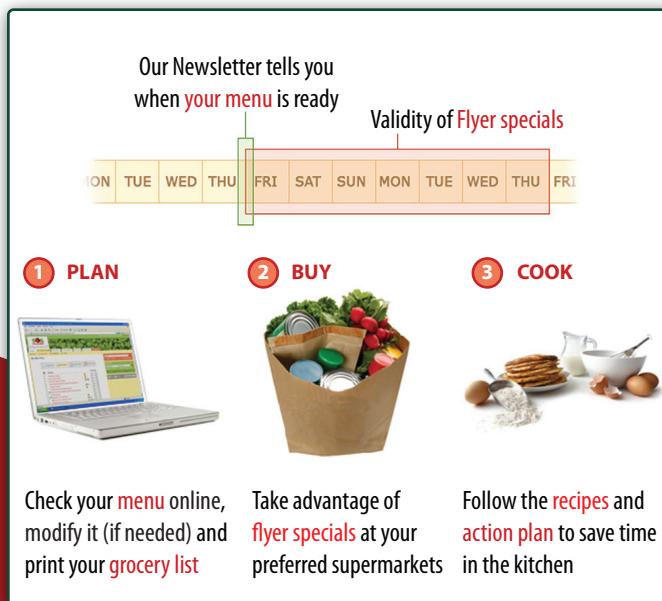
To learn more, visit:

www.soscuisine.com/heart-healthy

We can help !

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How does it work?



Eating well made easy™

Smart Meal Plans for
HEALTHY HEART

High Blood Pressure - High Cholesterol - Hypertriglyceridemia