



**MOM'S
MEALS®**



Better Health Begins with the Meals We Eat

At Mom's Meals®, our programs are tailored to your personal needs. Whether recovering from a hospital stay or managing a chronic condition, we ensure you get the nutrition you need for better health at every stage in life.

Health-Specific Menus

Dietitian designed to support the nutritional needs of most common health conditions

Reliability

High quality, refrigerated meals arrive at your home when you need them the most

Simple

Meals last for 14 days in the fridge—just heat, eat and enjoy in 2 minutes or less

How it Works

- 1** Contact your case manager or health plan
- 2** Case manager or health plan will provide paperwork to Mom's Meals
- 3** Meals are delivered to your home

Sample Menu

Your well-being is important to us. Meal by meal, bite by bite, we are with you to provide the nutrition you need.

BREAKFAST

FRUIT BREAKFAST PIZZA
and Turkey Sausage

**HAM, EGG & CHEESE
SCRAMBLE**
and Peaches with Cherries

LUNCH

BEEF STEW
and Corn Bread

**BBQ PULLED PORK
SANDWICH**
and Potato Salad


DINNER

CHEESE LASAGNA
and Spiced Fruit Crisp

**TURKEY BREAST WITH
WILD RICE**
and Spiced Fruit Medley

The Right Nutrition

Menus tailored to meet the needs of most major health conditions.

-  Heart-Friendly
-  Renal-Friendly
-  Diabetes-Friendly
-  Gluten Free
-  Vegetarian
-  Pureed
-  Lower Sodium
-  Cancer Support
-  General Wellness

“ Mom’s Meals continues to help me heal. After my surgery, I was told to stay off my feet. Thanks to the ease of your meals, I have been able to do so.

I LOVE IT! //

- Happy Customer



Contact your case manager or health plan