



**MOM'S  
MEALS®**



# Better Health Begins with the Meals We Eat

At Mom's Meals, our programs are tailored to your needs. When recovering from a hospital stay, 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** Your MVP Case Manager will call after you are discharged from the hospital
- 2** Mom's Meals will conduct a Welcome Call to confirm your order
- 3** Fourteen 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 MVP Health Care® for more information.