



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 within minutes

## 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*

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Contact MVP Health Care® for more information.  
1-800-665-7924 (TTY: 1-800-662-1220)  
Seven days a week, 8 am-8 pm, Eastern Time. April 1-September 30, call Monday - Friday, 8 am-8 pm.