

Sample Menu

We put choice in your hands, allowing you to select every meal, every delivery.

BREAKFAST

HAM, EGG & CHEESE SCRAMBLE
and Peaches with Cherries

PANCAKES & PORK SAUSAGE
and Pineapple-Apple Crisp

LUNCH

BBQ PULLED PORK SANDWICH
with Smokehouse Creamed Corn

CORN CHOWDER
with Blueberry-Apple Crisp

DINNER

SALISBURY STEAK WITH GRAVY
Potatoes and Seasoned Green Beans

TURKEY BREAST WITH WILD RICE
with Spiced Fruit Medley



Better Health
Begins with the
Meals We Eat

**MOM'S
MEALS**
—

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MEALS**
—

Get Started

Our customer care team is here to assist you. Call **888-860-9424** or order online at **momsmealsNC.com**.

Who We Are

At Mom's Meals®, we purposefully design meals with the power to fill and fuel life. With uncompromising quality and personal support and understanding, we provide a pathway for you to maintain your independence.



// With my chronic condition, preparing meals on my own to meet my dietary needs is time consuming. Having a variety of your great tasting, easy-to-prepare meals available comes in handy. //

– Kim W.

Our Difference



THE POWER OF CHOICE

You choose the meals you like best. Menus are designed by chefs and dietitians to help manage common health conditions.

RELIABILITY

High-quality, refrigerated meals are delivered with care directly to your home, and last in the refrigerator for 14 days.

AFFORDABLE

Kaiser Permanente members can select any combination of 7, 10, 14 or 21 meals for only \$6.99/meal (includes entree and sides) and shipping is free!

How it Works

- 1** Place your order at **888-860-9424** or **momsmeals.com**
- 2** Meals are delivered to your home
- 3** Simply heat, eat and enjoy!



The Right Nutrition

Nutritionally tailored menus to meet the requirements of most major health conditions.

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