



Better Health For You And Your Baby Begins With The Meals You Eat

At Mom's Meals®, our programs are tailored to your personal needs, especially during pregnancy. Whether your pregnancy is high risk, you are managing a chronic condition, or you are just trying to eat as healthy as possible while pregnant, we ensure you get the nutrition you need before, during and after pregnancy.

Our Difference

Refrigerated – Ready to heat, eat and enjoy in minutes

Medically Tailored – Supports the needs of most common chronic conditions

Choice of Every Meal, Every Delivery*

Delivery to Any Address – No matter how remote

Compassionate Customer Service

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

*Initial deliveries will have a variety of meals based on dietary preferences.

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 helped me get better control of my glucose levels. I enjoyed being able to select my own meals and I had a healthy, full-term baby with no complications! ”

- Happy Consumer



Contact your case manager or health plan