



MOM'S
MEALS®

Improving life through better nutrition at home

Eating nutritious food can make a difference in your health, whether recovering from an illness or injury, managing a health condition, or just looking to stay fit.

Mom's Meals® provides medically tailored, refrigerated meals direct to your home to support your nutritional needs.



Refrigerated - Meals last in the refrigerator for up to 14 days from delivery



Medically Tailored - Supports the needs of most common chronic conditions and overall well-being



Choice of Every Meal, Every Delivery



Delivery to Any Address* - No matter how remote



Compassionate Customer Service

3 Easy Steps

1

Call to order or place your order online

2

Refrigerated meals are delivered to your home

3

Heat, eat and ENJOY... meals are ready in minutes

Discounted prices through Providence:

- \$7.99 per meal (\$8.99 for gluten free, pureed and renal)
- 10, 14 and 21 meal coolers available
- Shipping included (\$14.95 savings on every order)

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.



Diabetes Friendly



General Wellness



Gluten Free



Heart Friendly



Lower Sodium



Protein+



Pureed



Renal Friendly



Vegetarian

“ 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

