Mom’s Meals NourishCare is pleased to offer Kaiser Permanente members nutritionally complete meals that are fresh-delivered to your home, no matter where you live. Proper nutrition supports physical strength and energy that is critical to maintaining your health and wellness.

**FRESH** – Meals are Chef-prepared with fresh, high-quality ingredients and are delivered direct to your door. Meals remain fresh in the refrigerator for 14 days. No need to freeze!

**HEALTH-SPECIFIC MENUS** – Dietitian–designed menus provide nutritional support for various health conditions

**CHOICE** – Select your favorites from over 70 entrees! Choose any combination of 7, 10, 14 or 21 meals for each order.

**AFFORDABLE** – Full meal (entree and 2 snacks) for $5.98 - shipping is free!

Orders placed before 11:00 a.m. PT M-F, are shipped the same day.

“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.

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**General Wellness**
- Our largest selection of nutritionally balanced, fresh-made meals

**Heart-Friendly**
- Heart-Friendly menu
  - 800mg or less of sodium and 30% less fat

**Diabetic-Friendly**
- Diabetic-Friendly menu
  - 60 grams or less of carbs per meal

**Renal-Friendly**
- Renal-Friendly menu
  - For kidney disease patients on hemodialysis, home dialysis or peritoneal dialysis

**Cancer Support**
- Cancer Support developed based on Nutritional guidelines from the American Institute for Cancer Research (AICR)

**Puréed**
- For those with difficulty swallowing (dysphagia)

**Gluten-Free**
- Our largest selection of nutritionally balanced, fresh-made meals
- 800mg or less of sodium and 30% less fat

**Vegetarian**
- 800mg or less of sodium and 30% less fat

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Get fresh made, home delivered meals that are ready to heat, eat and enjoy!

Try a 3 Meal Sampler, $19.95 — includes shipping

1.888.860.9424 -or- www.MomsMealsNC.com
Delivered direct to your door – to any address by ground carrier.

Meals arrive in a climate-controlled cooler in our “Fresh-Lock” packaging.

Meals remain fresh in the refrigerator until the labeled expiration date.

Warm in microwave.

We recommend placing the meal on a plate to fully enjoy the dining experience!

SAMPLE MENU

Breakfast
- Cinnamon Oatmeal with Sliced Peaches and Granola with Fruit, Orange and Chewy Fiber Granola Bar
- Banana and Walnut Buckwheat Pancakes with Turkey Sausage, Orange and String Cheese
- Ranch Skillet of Eggs, Cheese, Potatoes, Sweet Potatoes and Black Beans, Orange and Almonds

Lunch/Dinner
- Grilled Beef Steak, Quinoa Pilaf and Sauteed Carrots, Fruit Gelatin Cup & Fig Bar
- Asian Style Rice with White Chicken Teriyaki and Apples with Granola Topping
- Vegetarian Lentil and Barley Soup, Cheddar Cheese, Fruit Gelatin Cup and Wheat Bread
- Salmon Patty with Lemon-Dill Glaze, Wild Rice Pilaf and Seasoned Peas and Pearl Onions, Wheat Bread and Chewy Fiber Granola Bar

The products and services described are neither offered nor guaranteed under Kaiser Permanente’s contract with the Medicare program. In addition, they are not subject to the Medicare Appeals process. Any dispute regarding these products and services may be subject to the Plan’s grievance policy.

For questions or to order, call: 888.860.9424
www.MomsMealsNC.com

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