

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, the home of an aging parent or any address nationwide.



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

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

3 Easy Steps

1

Place your order at 877.347.3438 or online at momsmeals.com/SMATRIO

2

Refrigerated meals are delivered to your home.

3

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

AVAILABLE TO SAINT MARY'S ATRIO CUSTOMERS

- \$7.99/meal (\$8.99 for Pureed, Renal and Gluten Free)
- 10, 14 and 21 meal options available
- Shipping included

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



**Saint Mary's
Health Plans**

