



## Your **CHOICE** of every meal, every order direct to your home

At Mom's Meals NourishCare, we believe that proper nutrition can make a difference in your health, which is why for over 17 years we have been providing nutritionally complete, condition appropriate meals direct to homes nationwide.

**HIGH-QUALITY** – Meals are prepared with high-quality ingredients and will keep in the refrigerator for 14 days.

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

**CHOICE** – Select every meal, every order from over 50 entrees! Choose any combination of 7, 10, 14 or 21 meals every order.

**AFFORDABLE** – Full meal (entree and sides) for \$6.99 – (Flat rate shipping fee applies)

### 3 Easy Steps to Order and Enjoy

1. **Place your order** by phone 866.971.6667 or online MomsMeals.com
2. **Delivered to your home.** Place meals directly in refrigerator
3. **Heat, Eat and ENJOY** ... ready in 2 minutes

“ 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. ”

