

MEALS AMERICA

MEALSAMERICA.COM (215)399-5676 f   @MEALSAMERICA

MENU

Your health is our priority!



Welcome to

MEALS  **AMERICA**

*** 7 MEALS
A WEEK**

OR

*** 14 MEALS
A WEEK**

*Quantity of the meals depends on the health insurance authorization.

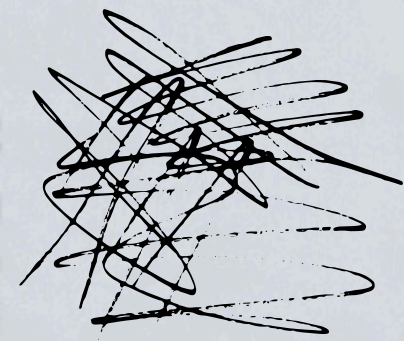
We proudly deliver the best weekly home-delivered meals, ready to enjoy without any preparation! At Meals America, we work with top American brands to provide you with nutritious, healthy, and delicious meals.

Our diverse menu caters to every diet and even the pickiest eaters. As the only meal provider that lets you fully customize your meals, we ensure your deliveries are perfectly tailored to your tastes.

Delivery of meals also includes:

- 1 - Loaf of Bread
- 1 - Stick of Butter
- 1 - Juice
- 1 - Milk
- 1 - Cereal or Oatmeal
- 1 - String Cheese
- 1 - Fruit Cup
- 1 - Yogurt

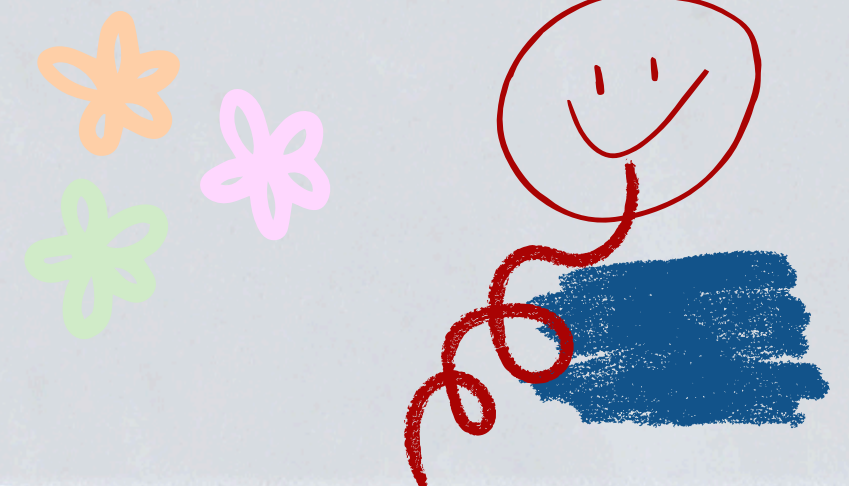
Grilled Basil Chicken Grilled Chicken, Al Dente Penne Pasta w/ Basil Lemon Sauce.	230 cal, 25g carbs
Fried Chicken Chicken, Mashed Potatoes w/ Homestyle Gravy	360 cal, 32g carbs
Beef Chimichuri Beef Strips, Potatoes, Green Beans, Red Bell Peppers w/ Chimichurri Sauce	220 cal, 24g carbs
Five Cheese Rigatoni Rigatoni Pasta, Five Cheese Blend w/ Sweet Tomato Sauce	360 cal, 54g carbs
Shrimp Alfredo Shrimp, Pasta, Broccoli w/ Garlic Alfredo Sauce	480 cal, 51g carbs
Turkey Meal Turkey, Sweet Peas, Mashed Potatoes w/ Gravy & Dressing	360 cal, 54g carbs
Fish Filet Breaded Filet of Alaska Pollock, Macaroni w/ Cheddar Cheese Sauce	490 cal, 49g carbs



Homestyle

Stuffed Pepper Green Bell Peppers, Beef, Rice w/ Zesty Tomato Sauce	180 cal, 21g carbs
Cheese Sliders Beef, Cheese, Grilled Onions on a White Bun	290 cal, 29g carbs
Monterey Ranch Chicken Sandwich Breaded Chicken, Spicy Monterey Jack Cheese on a Wheat Bun	290 cal, 35g carbs
Steak & Roasted Potatoes Beef, Roasted Red Potatoes, and a Classic Green-Bean Casserole w/ Mushroom Gravy	240 cal, 32g carbs
Cheesy Chicken & Rice Bowl Chicken Breast, Rice, Broccoli w/ Cheddar Cheese Sauce	380 cal, 46g carbs
BBQ Chicken Sandwich Flamebroiled Chicken Patty w/ Barbecue Sauce on a White Bun	390 cal, 49g carbs
Macaroni & Cheese Pasta w/ Cheddar Cheese Sauce	480 cal, 51g carbs

Beef Merlot  Beef Strips, Potatoes, Vegetable Medley w/ Merlot Wine Sauce	180 cal, 24g carbs
Orange Chicken Breaded Chicken, Rice, Broccoli w/ Sweet & Spicy Orange Sauce	310 cal, 53g carbs
Grilled Chicken Caesar Pasta Chicken, Broccoli, Radiatore Pasta w/ Parmesan & Garlic Sauce	260 cal, 28g carbs
Slow Roasted Beef Beef, Mashed Potatoes, Vegetables w/ Savory Gravy.	240 cal, 28g carbs
Herb Roasted Chicken Chicken, Roasted Potatoes w/ Herb Sauce	180 cal, 24g carbs
Backyard BBQ Rib-Style Patty made with Pork, Chicken, Macaroni w/ Cheese Sauce.	290 cal, 35g carbs
Maple Bourbon Chicken Roasted Chicken, White & Wild Rice, Sweet Potatoes, Pecans, Apples, Cranberries w/ Maple Bourbon Sauce	350 cal, 50g carbs



-Gluten-Free



-Vegetarian

Breakfast

Breakfast Burrito

Meatless Sasuge Crumble w/ Smokey Bacon & Steakless Strips w/ Dairy-Free Cheddar Tofu

380 cal,
42g carbs

Bacon, Egg, & Cheese on a Biscuit

Egg & Cheese Sandwich w/ Whole Egg Omelet & Melty Cheddar & American Cheese

310 cal,
26g carbs

Meat Lovers Breakfast Bowl

Sausage Crumbles, Crispy Bacon, Fluffy Eggs, Homestyle Potatoes & Cheddar Cheese

490 cal,
16g carbs

Sausage, Egg & Cheese Croissant

Savory Sausage, Fluffy Eggs & Melty Cheese on Buttery Croissant

410 cal,
28g carbs

Bacon Breakfast Bowl

Crispy Bacon, Fluffy Scrambled Eggs, Savory Diced Potatoes w/ Rich Cheese Sauce

440 cal,
14g carbs

Buttermilk Pancakes

240 cal,
45g carbs

Bacon, Egg & Cheddar Cheese Sandwich



310 cal,
7g carbs



-Gluten-Free



-Vegetarian

INTERNATIONAL

MEALS @ AMER

Sweet Sesame Chicken

Chicken, Vegetables, Rice

300 cal,
33g carbs

Veggie Loaf

Organic Mashed Potatoes, Peas & Corn w/ Gravy

350 cal,
55g carbs

Chili Mac

Organic Chili w/ Creamy Mac & Cheese

410 cal,
48g carbs

Pad Thai

Rice Noodles, Organic House-made Tofu, Julienned Carrots, Green Onions, Broccoli w/ Baked Cashews

410 cal, 68g
carbs

Swedish Meatballs

Meatballs, Fettuccini w/ Parsley

300 cal,
44g carbs

Steak Portabella

Beef Steak, Broccoli, Portabella Mushrooms w/ Savory Brown Sauce

190 cal,
13g carbs

Cheese Pierogies

Cheddar Cheese, Potatoes w/ Spices & Salt

230 cal,
32g carbs



-Gluten-Free



-Vegetarian

Chicken Parmesan

Grilled Chicken Breast, Penne Pasta,
Broccoli w/ Marinara Sauce

230 cal,
42g carbs

Lasagna Bowl

Chicken, Cheese, Pasta w/ Sauce

260 cal,
6g carbs

Rigatoni With Chicken & Pesto

Rigatoni Pasta, Roasted Chicken w/
Basil Pesto Sauce

410 cal,
40g carbs

Chicken À La King

Chicken, Mushrooms, Red Peppers,
Celery, Peas, White Rice w/ Creamy
Sauce

290 cal,
35g carbs

Creamed Chip Beef

Beef Strips w/ Creamy Sauce

140 cal,
8g carbs

Creamy Rigatoni w/ Broccoli & Chicken

Chicken, Rigatoni Pasta, Broccoli w/
Parmesan Sauce

260 cal,
40g carbs

BBQ Burger

Roasted Patty made w/ Hamburger,
Bacon, Garlic, Chive Mashed Potatoes
w/ Sweet Barbeque Sauce

400 cal,
40g carbs

Chicken Feta & Farro Power Bowl

Chicken Breast, Feta Cheese,
Chickpeas, Leafy Greens, Farro w/
Garlic Oregano Sauce

310 cal,
34g carbs

Asian Style Noodle w/ Beef

Asian-Style Noodles, Beef, Broccoli,
Carrots, Red Peppers w/ Garlic
Sesame Sauce

240 cal,
35g carbs



-Gluten-Free



-Vegetarian



SALADS

Chicken Caesar

240 cal, 7g carbs

Santa Fe Style w/ Chciken

270 cal, 13g carbs

Turkey Bacon & Cobb

220 cal, 6g carbs

Spinach Dijon 

290 cal, 20g carbs

Cranberry Walnut 

200 cal, 24g carbs

Asian Style w/ Chicken

280 cal, 21g carbs

Turkey & Ham Chef Salad

280 cal, 21g carbs

Kickin' BBQ Salad

270 cal, 10g carbs



-Gluten-Free



-Vegetarian



MEALS AMERICA

Who do I call about my order?

Whether you want to place an **order, sign up with Meals America**, or have **any other questions**, our customer service team is here to help. Call us at (215) 399-5676, Monday to Friday, from 9:00 AM to 5:00 PM. Alternatively, you can submit a help request on our website at MealsAmerica.com/contacts, and we will respond within 48 hours.



MEALS AMERICA

Can I customize my box?

Absolutely! Meals America cares about your dietary needs and preferences. We are the only company that gives you full flexibility with your orders. Call us at (215) 399-5676, Monday to Friday, from 9:00 AM to 5:00 PM to place your order.





MEALS AMERICA

How many meals will I receive?

Participants typically receive **7** or **14** meals a week depending on their health insurance authorization.



MEALS AMERICA

How do I sign up with Meals America?

To sign up with Meals America, **call us at (215) 399-5676**, Mon-Fri, 9:00 AM to 5:00 PM, or call **your health insurance/coordinator** and ask them to sign you up with us.



MEALS AMERICA

Do I need to cook your meals?

Not at all! Meals America partners with top American brands to deliver ready-to-go meals. Just follow the heating instructions on the label of each entrée, and enjoy!



MEALS AMERICA

How do I heat up your meals?

It's super easy! If you store your Meals America meals in the fridge, simply remove the packaging, place the meal in the microwave, and heat on high for 2-3 minutes. Adjust the time as needed, adding 15-30 seconds until it reaches an internal temperature of 165°F. For frozen meals, thaw them in the fridge overnight and follow the same instructions.



MEALS AMERICA

Can I store your meals in the freezer?

Meals America meals are designed to last packaged in the refrigerator for **14** days from delivery. You may store your meals in the freezer, however, be sure to thaw overnight in the refrigerator before heating.



MEALS AMERICA

I have more questions, where can I reach you?

Glad you asked! Reach us **at** **(215) 399-5676**, Mon-Fri, 9:00 AM to 5:00 PM, or Alternatively, you can submit a help request on our website at MealsAmerica.com/contacts, and we will respond within 48 hours.