

General Wellness

Simply looking to eat healthier, great-tasting meals? Our meals are balanced with protein, starch, and vegetables to provide essential building blocks for good health.

TO PLACE YOUR ORDER

Email: info@chef2home.com
 Direct: 717-935-9717
 Toll-Free: 855-277-6454



BBQ Meatballs

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**
- Renal**



BBQ Meatless Meatballs

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**
- Heart Healthy**
- Vegetarian**



BBQ Pork

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- Renal**



Beef and Bean Chili

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**
- Heart Healthy**
- Low Sodium**

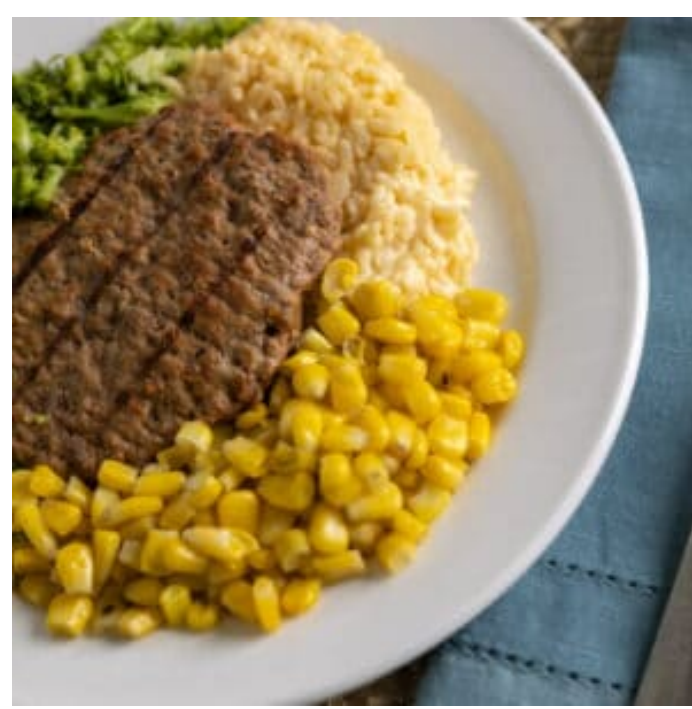


Beef Goulash

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**



Beef Patty

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- Heart Healthy**
- Low Sodium**



Cheese Ravioli

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- Low Sodium**
- Renal**
- Vegetarian**



Cheese Tortellini

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Chicken a la Bleu

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Chicken Cacciatore

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Chicken Mac and Cheese

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Chicken Marsala

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Chicken Parmesan

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Chicken with Country Pepper Gravy

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Fajita Chicken

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Fajita Tofu

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French Toast

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Italian Meatloaf

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Pancakes

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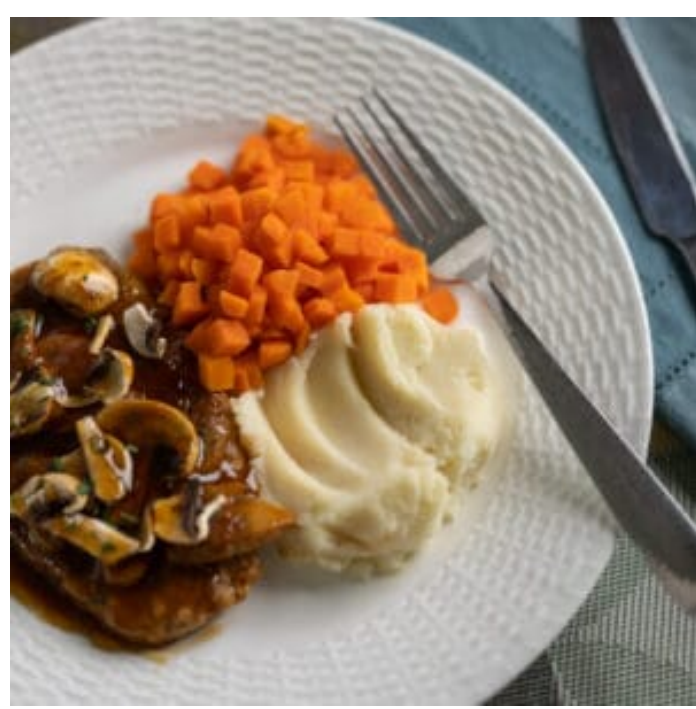


Roast Turkey

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Salisbury Steak

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Scrambled Eggs

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Scrambled Eggs with Cheese and Broccoli

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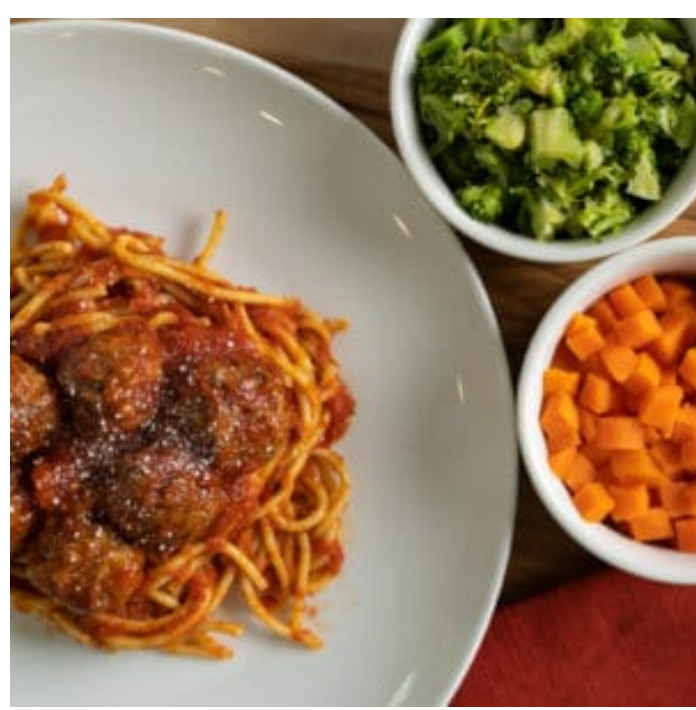


Spaghetti and Meatballs

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Spaghetti and Meatless Meatballs

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Stir Fried Chicken

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- Low Sodium**



Sweet and Sour Chicken

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- Low Sodium**

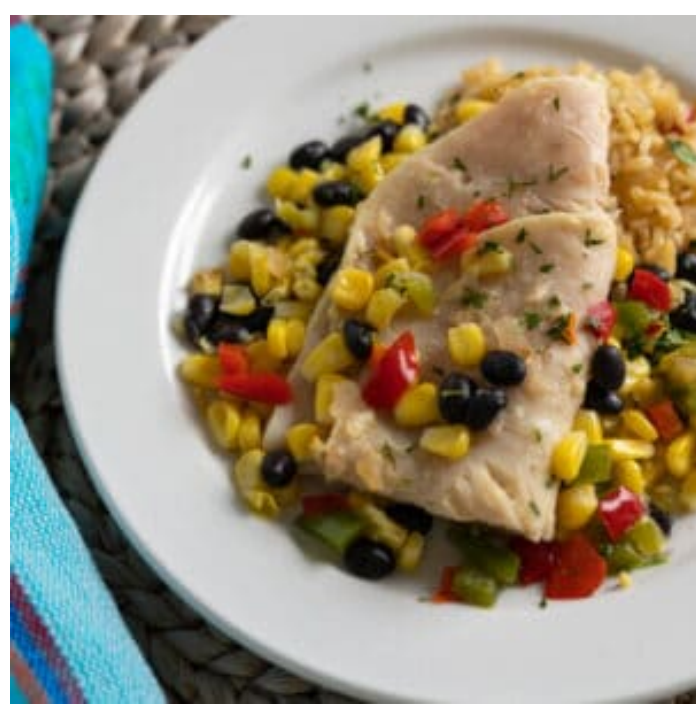


Swiss Steak

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Turkey Santa Fe

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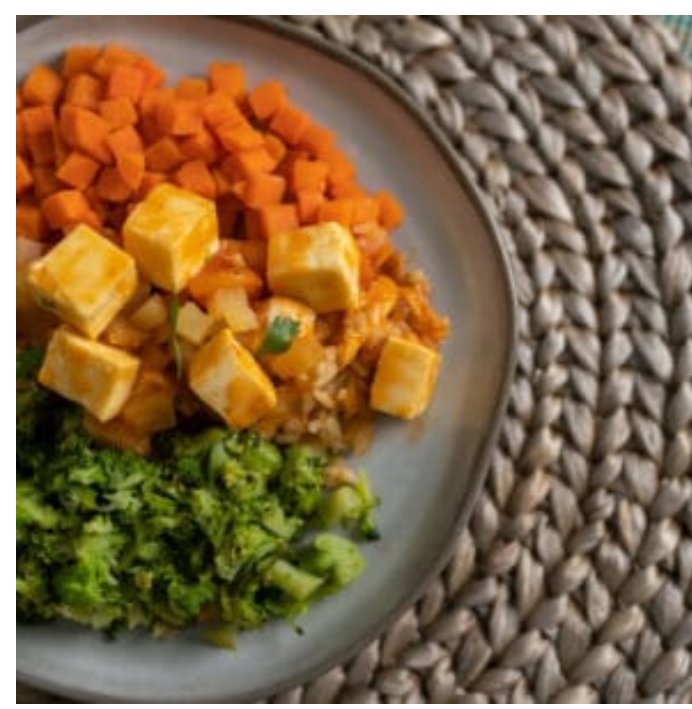


Vegetarian Santa Fe Corn and Black Beans

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Vegetarian Sweet and Sour Tofu

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Western Omelette

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