

Heart Healthy

Our Heart Healthy diet follows the American Heart Association® guidelines by providing the appropriate amount of sodium, total fat, and saturated fat to impact overall heart health and blood pressure.

- Meets American Heart Association guidelines
- Fewer than 800mg of sodium
- Fewer than 30% of calories from total fat and less than 10% of total calories from saturated fat

TO PLACE YOUR ORDER

Email: info@chef2home.com

Direct: 717-935-9717

Toll-Free: 855-277-6454



BBQ Meatless Meatballs

[View Meal](#)

Available on these menus

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

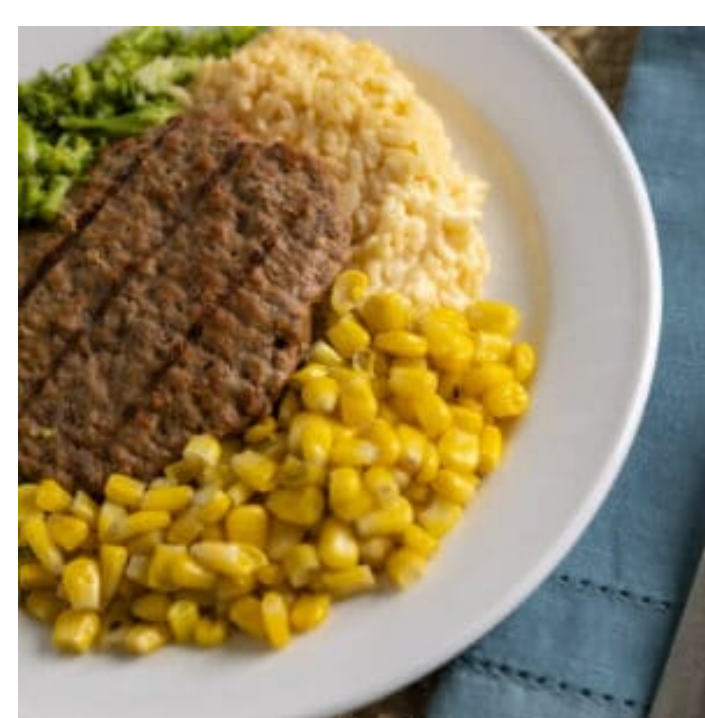


Beef and Bean Chili

[View Meal](#)

Available on these menus

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



Beef Patty

[View Meal](#)

Available on these menus

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

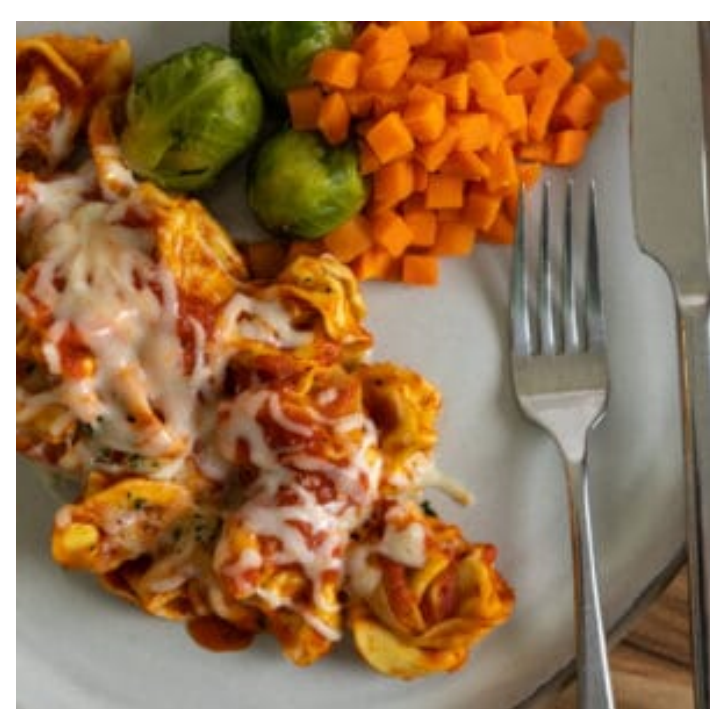


Cheese Ravioli

[View Meal](#)

Available on these menus

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



Cheese Tortellini

[View Meal](#)

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- Low Sodium**
- Vegetarian**

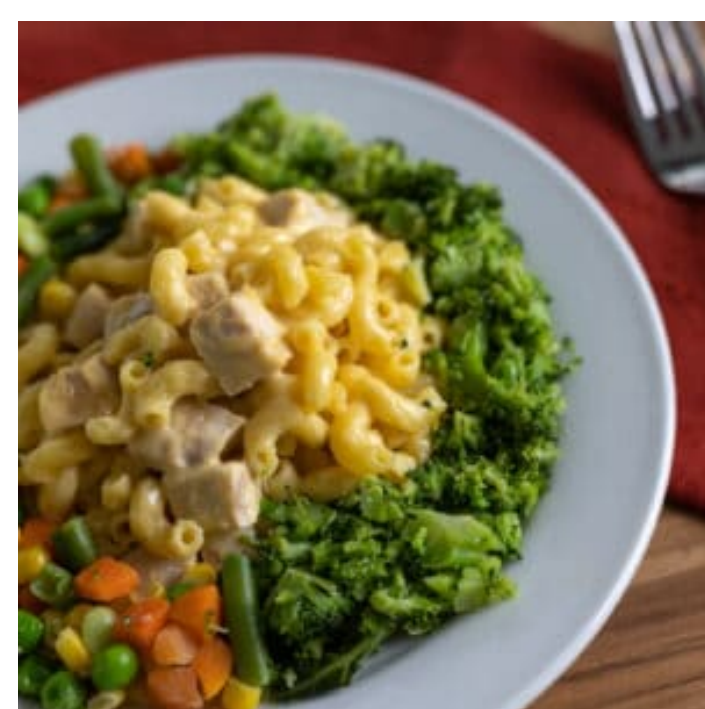


Chicken Cacciatore

[View Meal](#)

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Chicken Mac and Cheese

[View Meal](#)

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Chicken Marsala

[View Meal](#)

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Chicken with Country Pepper Gravy

[View Meal](#)

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Fajita Chicken

[View Meal](#)

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Fajita Tofu

[View Meal](#)

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- Vegetarian**



French Toast

[View Meal](#)

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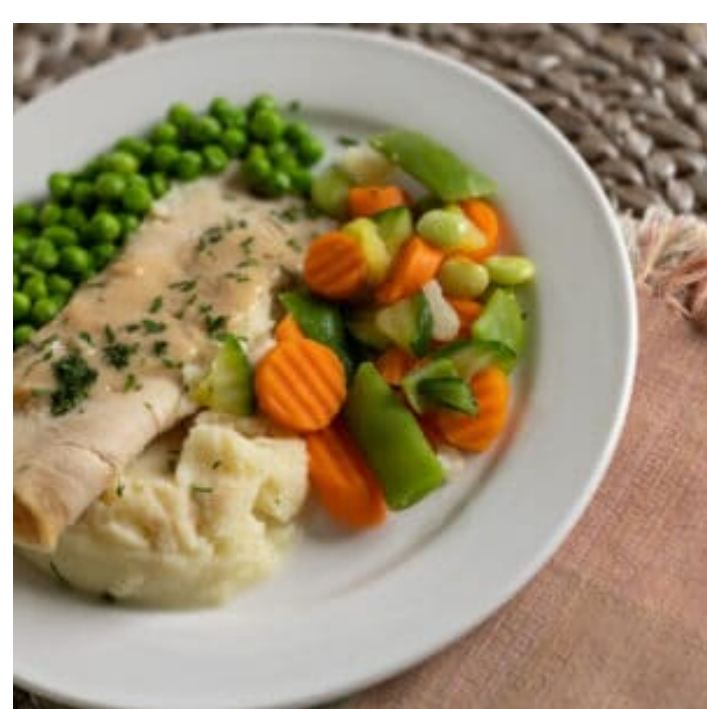


Pancakes

[View Meal](#)

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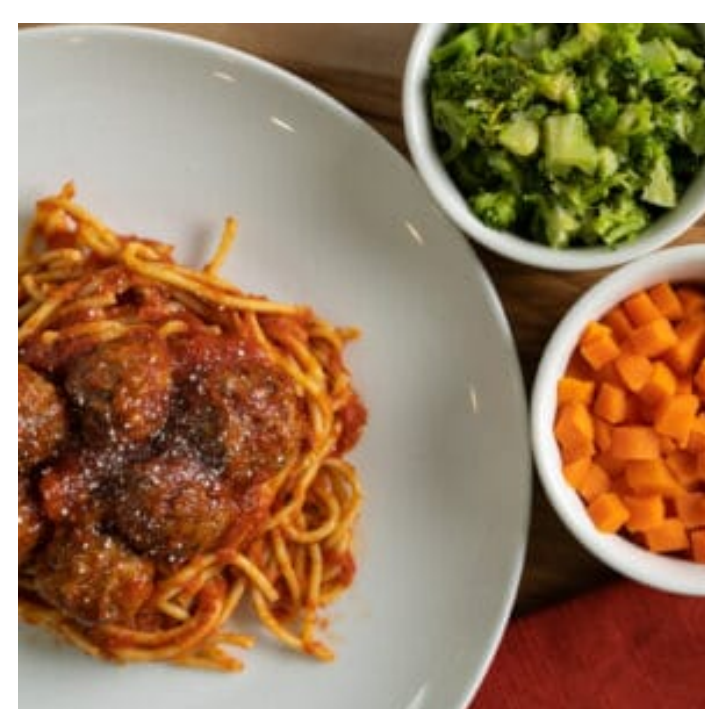


Roast Turkey

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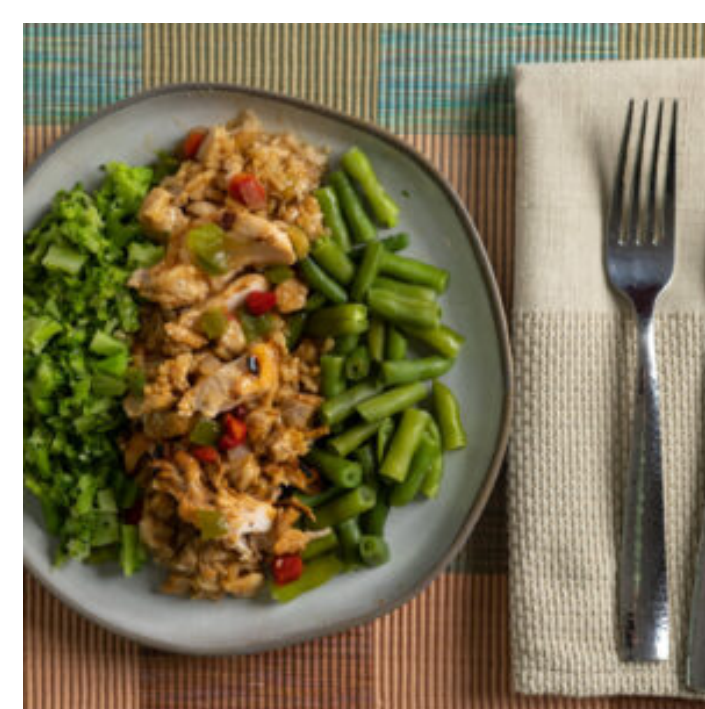


Spaghetti and Meatless Meatballs

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Stir Fried Chicken

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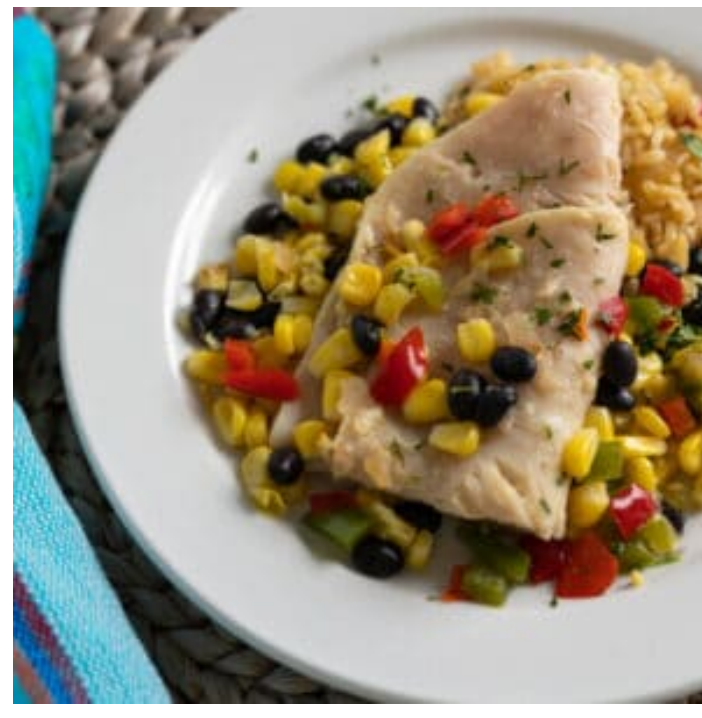


Sweet and Sour Chicken

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Turkey Santa Fe

[View Meal](#)

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- Low Sodium**



Vegetarian Santa Fe Corn and Black Beans

[View Meal](#)

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- Vegetarian**



Vegetarian Sweet and Sour Tofu

[View Meal](#)

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