

Low Sodium

The Low Sodium diet follows the American Heart Association guidelines for sodium, total fat, and saturated fat to aid in heart disease management.

- Meets American Heart Association guidelines
- Fewer than 600mg 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

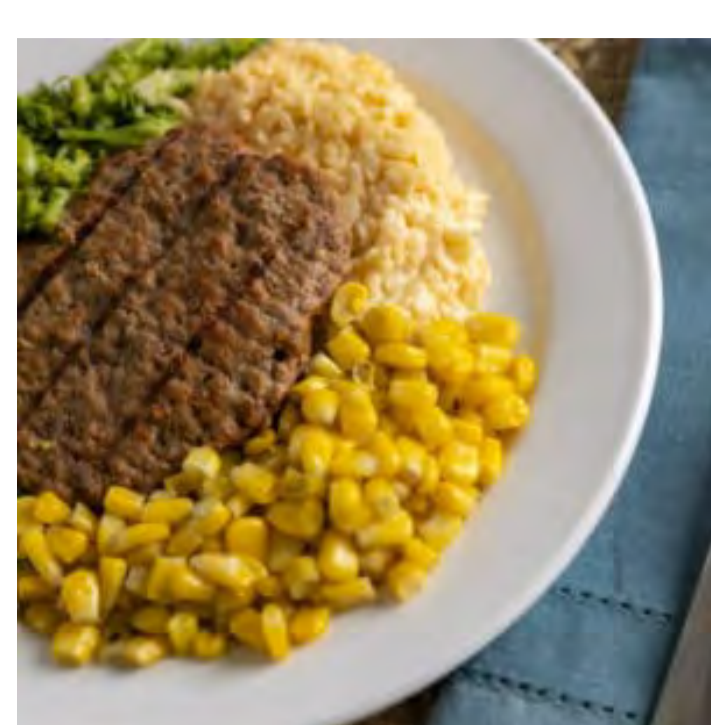


Beef and Bean Chili

[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

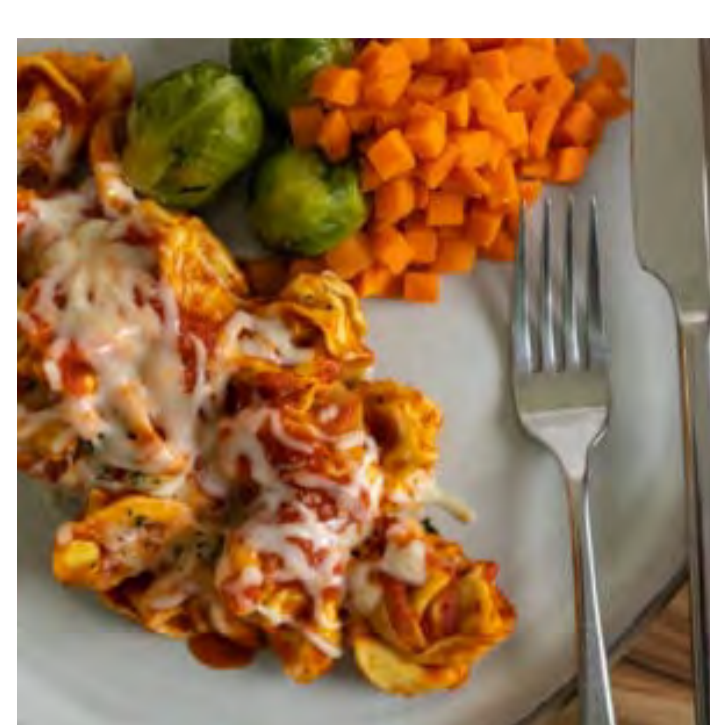


Cheese Ravioli

[View Meal](#)

Available on these menus

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

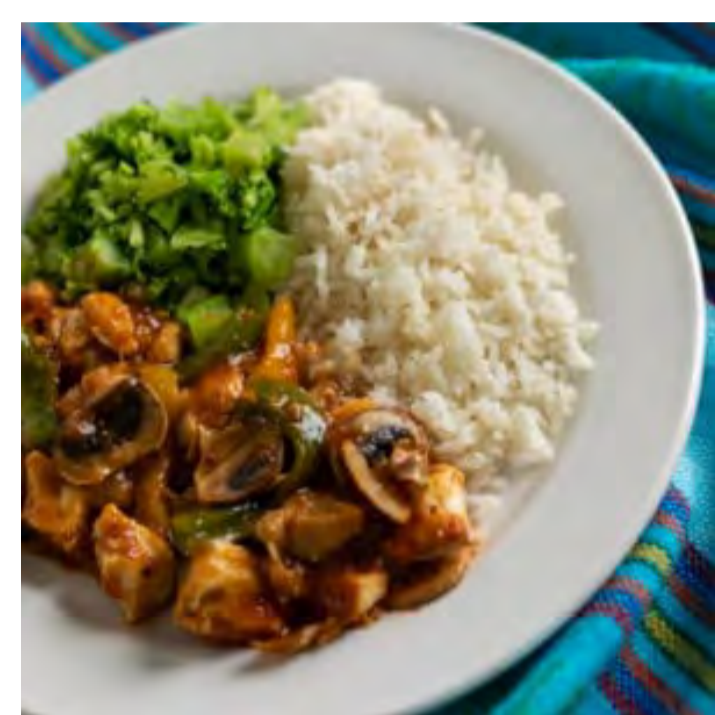


Cheese Tortellini

[View Meal](#)

Available on these menus

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

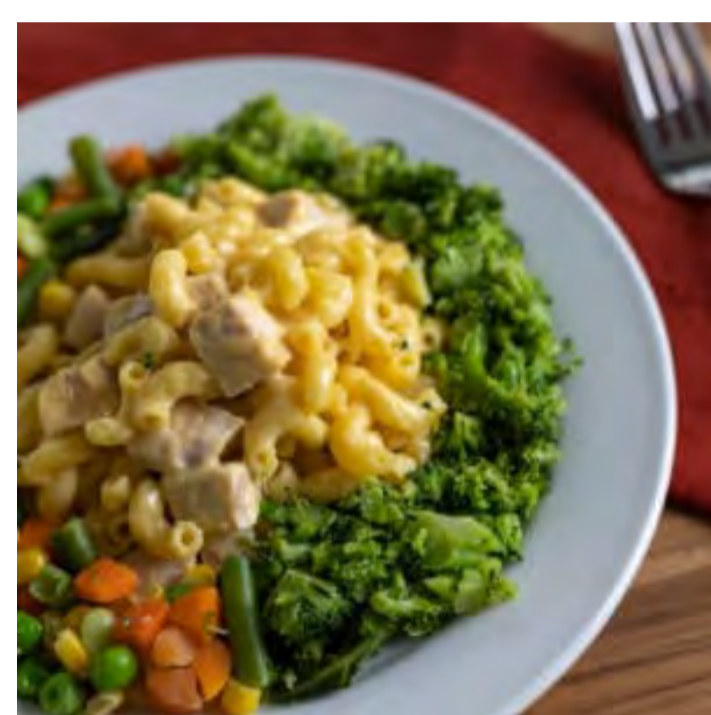


Chicken Cacciatore

[View Meal](#)

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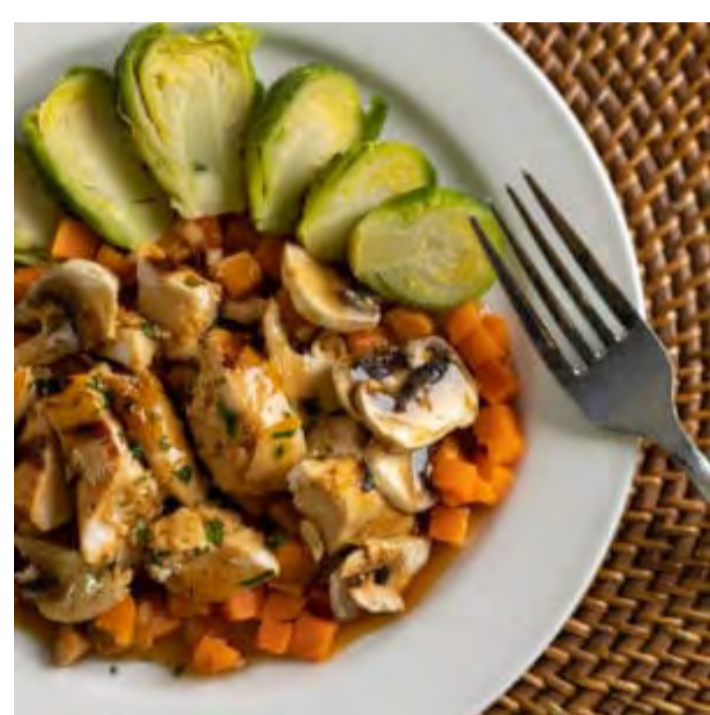


Chicken Mac and Cheese

[View Meal](#)

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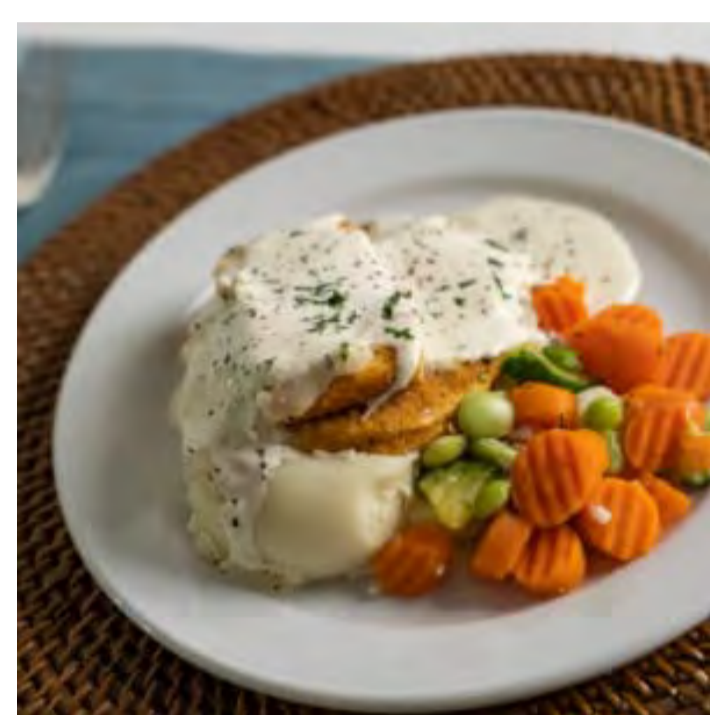


Chicken Marsala

[View Meal](#)

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Chicken with Country Pepper Gravy

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Fajita Chicken

[View Meal](#)

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- Renal



Fajita Tofu

[View Meal](#)

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- Vegetarian



French Toast

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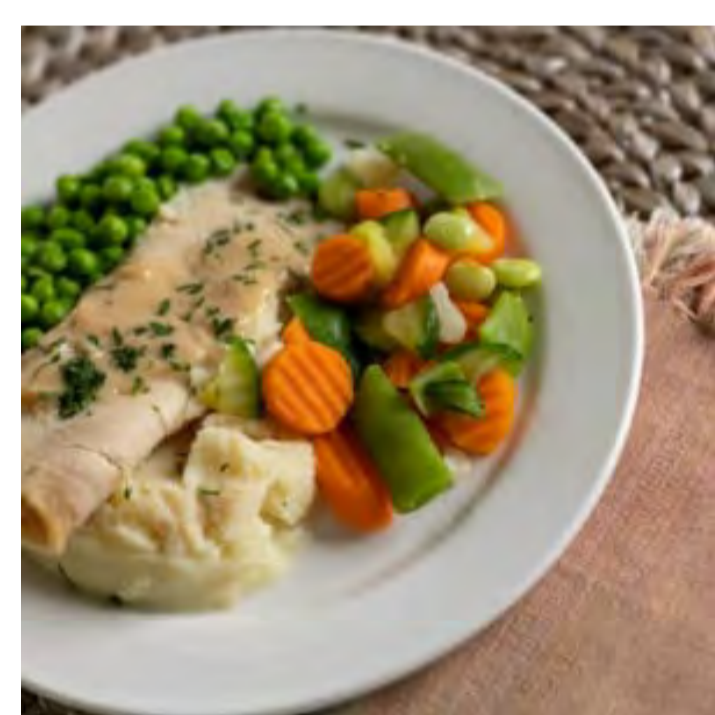


Pancakes

[View Meal](#)

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Roast Turkey

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Spaghetti and Meatless Meatballs

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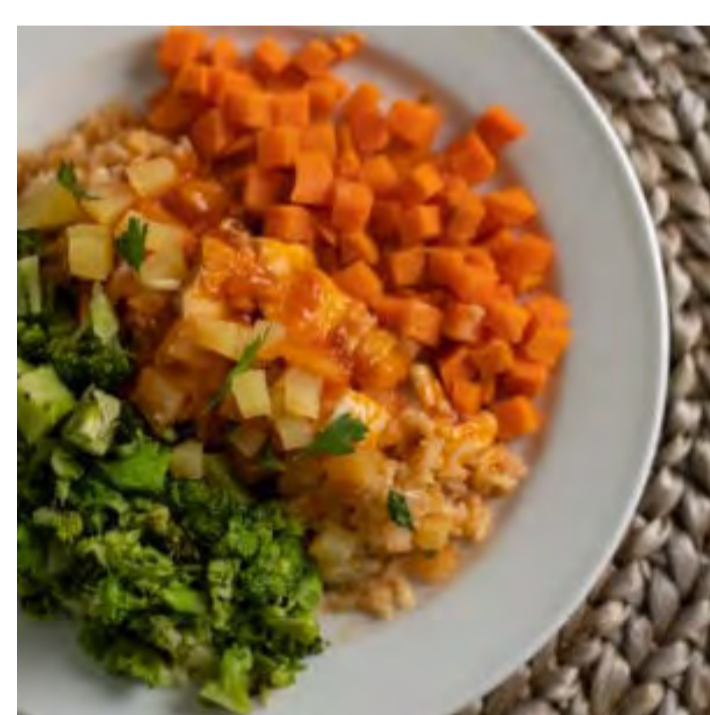


Stir Fried Chicken

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Sweet and Sour Chicken

[View Meal](#)

Available on these menus

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- Low Sodium

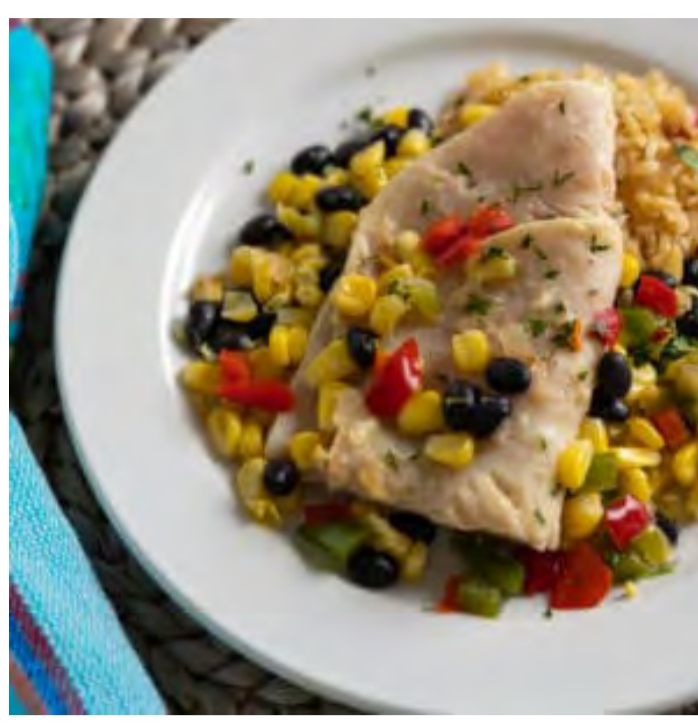
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Turkey Santa Fe

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Vegetarian Santa Fe Corn and Black Beans

[View Meal](#)

Available on these menus

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- Heart Healthy**
- Low Sodium**
- Vegetarian**



Vegetarian Sweet and Sour Tofu

[View Meal](#)

Available on these menus

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