

Chef2Home's Culinary Nutrition Experience for Medicaid Waiver Participants

Chef2Home was started as a family-run company with chefs and dietitians who design delicious and nutritious meals, including medically tailored and emergency meal options. Chef2Home creates USDA-inspected meals from our kitchen to yours.

Our Meals Are:

- *Restaurant inspired from award-winning chefs*
 - *Freshly frozen to provide optimal vitamins, minerals, and nutrients*
 - *Designed by registered dietitians for medically tailored options and general wellness*
 - *Created to promote a healthy lifestyle*
-

Understanding Our Menus

GENERAL WELLNESS

Our meals are balanced with protein, starch, and vegetables to provide essential building blocks for good health.

- Fewer than 800mg of sodium per meal

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.

DIABETIC FRIENDLY

Our Diabetes Friendly diet is designed by our registered dietitians to provide a balance of carbohydrates, total sugar, and protein to help optimize blood sugar management.

LOW SODIUM

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

RENAL

Our Renal Friendly diet is designed by registered dietitians with guidelines established by the National Kidney Association® to provide appropriate sodium, phosphorus, and potassium levels to help maintain health and kidney disease management.

LACTO-OVO VEGETARIAN

Our Lacto-Ovo Vegetarian diet includes essential vitamins and minerals from dairy, eggs, beans, plant-based proteins, and nuts while excluding beef, pork, poultry, and fish.

Your Chef2Home Ordering, Delivery, Storage, and Meal Experience



Ordering & Cost

- Our Chef2Home customer care team will contact you to set up the delivery and your meal order.
- The meals you will be receiving from Chef2Home will be delivered to your home.
- Your meals will be provided at no cost with approvals from your service coordinator, and will be based on the number of meals and length of service requested by your service coordinator.



Home Delivery

- Your meals will arrive to your home based on your delivery day.
- Your meal boxes will contain meal packs and meal components.
- Chef2Home meals will be delivered through our delivery partners, and it is our goal to deliver your meals within 7 to 10 business days after your referral has been processed.



Storage

- Your Chef2Home meals can be stored in the freezer for up to 6 months.
- Meals will stay fresh in the refrigerator for up to 3 days.
- Shelf stable emergency meals can be stored for up to 6 months.



Meal Experience

- Chef2Home meal trays can be microwaved or reheated in a conventional oven. For the best Chef2Home meal experience, we recommend reheating frozen meal trays in the oven. For the best results, please follow the heating instructions on the label of the meal.
- Our chefs and dietitians change the menu every 6 months to add variety and new flavor options.
- Enjoy your Chef2Home meals, and be sure to let us know how you enjoyed your meals! We will use any feedback we receive to improve our meals and create new menu items.



Questions & Concerns

- Please email or call us with any questions or concerns you have about your meals.
- **Email Address:** ask@chef2home.com
- **Toll-Free Phone Number:** 855.277.6454



Strawberry Pancakes

Breakfast Meal Packs

7-Day Meal Pack

Broccoli Cheddar Omelet Served with Diced Potatoes and Cinnamon Apples

Mini Blueberry Waffles Served with Cheesy Scrambled Eggs

Spanish Omelet Served with Turkey Sausage, Peppers & Onions, and Cinnamon Apples with Granola

Steak & Eggs Served with Hash Browns with Peppers & Onions

Strawberry Pancakes Served with Scrambled Eggs and Turkey Sausage

Sweet Potato & Spinach Breakfast Skillet Served with French Toast

Turkey Sausage Scramble Served with Potato Hash

5-Day Meal Pack

Broccoli Cheddar Omelet Served with Diced Potatoes and Cinnamon Apples

Mini Blueberry Waffles Served with Cheesy Scrambled Eggs

Strawberry Pancakes Served with Scrambled Eggs and Turkey Sausage

Sweet Potato & Spinach Breakfast Skillet Served with French Toast

Turkey Sausage Scramble Served with Potato Hash

KEY = 🍏 GENERAL WELLNESS ❤️ HEART HEALTHY 💧 DIABETIC FRIENDLY 🧂 LOW SODIUM 🥗 RENAL



Raspberry BBQ Chicken

Chef's Choice I Meal Packs

😊 7-Day Meal Pack

Cheese Pizza Served with an Italian Bean Medley

Chicken Parmesan Served with Rotini, Broccoli, and Cinnamon Apple Crisp

French Onion Breaded Pork Chop & Gravy Served with Mashed Potatoes, Peas, and Apple Crisp

Homestyle Turkey & Gravy Served with Mashed Potatoes, Stuffing, and Green Beans

Raspberry BBQ Chicken Served with Oven-Roasted Potatoes and a Vegetable Blend

Thai Ginger Curry Chicken Served with Brown Rice Pilaf, Fajita Vegetables, and Broccoli

Swiss Steak Served with Mashed Potatoes, Normandy Vegetable Blend, and Cinnamon Apples

😊 5-Day Meal Pack

Chicken Parmesan Served with Rotini, Broccoli, and Cinnamon Apple Crisp

French Onion Breaded Pork Chop & Gravy Served with Mashed Potatoes, Peas, and Apple Crisp

Homestyle Turkey & Gravy Served with Mashed Potatoes, Stuffing, and Green Beans

Thai Ginger Curry Chicken Served with Brown Rice Pilaf, Fajita Vegetables, and Broccoli

Swiss Steak Served with Mashed Potatoes, Normandy Vegetable Blend, and Cinnamon Apples

KEY = 😊 GENERAL WELLNESS ❤️ HEART HEALTHY 💙 DIABETIC FRIENDLY 🟡 LOW SODIUM 🟣 RENAL



NEW!! Orange Shrimp Stir-Fry

Chef's Choice II Meal Packs

7-Day Meal Pack

BBQ Seasoned Pork Served with Roasted Sweet Potatoes and Green Beans

Classic Meatloaf & Gravy Served with Mashed Potatoes, Succotash, and Carrots

Orange Shrimp Stir-Fry Served with Brown Rice Pilaf and a Stir-Fry Vegetable Blend

Raspberry BBQ Chicken Served with Oven-Roasted Potatoes and a Vegetable Blend

Salisbury Steak & Mushroom Gravy Served with Mashed Potatoes, Carrots, and Baked Apples

Thai Ginger Curry Chicken Served with Brown Rice Pilaf, Fajita Vegetables, and Broccoli

Turkey Divan Served with Brown Rice Pilaf and Broccoli

5-Day Meal Pack

BBQ Seasoned Pork Served with Roasted Sweet Potatoes and Green Beans

Orange Shrimp Stir-Fry Served with Brown Rice Pilaf and a Stir-Fry Vegetable Blend

Salisbury Steak & Mushroom Gravy Served with Mashed Potatoes, Carrots, and Baked Apples

Thai Ginger Curry Chicken Served with Brown Rice Pilaf, Fajita Vegetables, and Broccoli

Turkey Divan Served with Brown Rice Pilaf and Broccoli

KEY =  GENERAL WELLNESS  HEART HEALTHY  DIABETIC FRIENDLY  LOW SODIUM  RENAL



Homestyle Turkey & Gravy

Heart Healthy Meal Packs



7-Day Meal Pack

Butter Chicken & Lentil Stew Served with Brown Rice Pilaf and Broccoli

Chicken Parmesan Served with Rotini, Broccoli, and Cinnamon Apple Crisp

Homestyle Turkey & Gravy Served with Mashed Potatoes, Stuffing, and Green Beans

Italian Cheese Lasagna Served with an Italian Vegetable Blend

Raspberry BBQ Chicken Served with Oven-Roasted Potatoes and a Vegetable Blend

Thai Ginger Curry Chicken Served with Brown Rice Pilaf, Fajita Vegetables, and Broccoli

Turkey Divan Served with Brown Rice Pilaf and Broccoli

5-Day Meal Pack

Butter Chicken & Lentil Stew Served with Brown Rice Pilaf and Broccoli

Chicken Parmesan Served with Rotini, Broccoli, and Cinnamon Apple Crisp

Homestyle Turkey & Gravy Served with Mashed Potatoes, Stuffing, and Green Beans

Italian Cheese Lasagna Served with an Italian Vegetable Blend

Thai Ginger Curry Chicken Served with Brown Rice Pilaf, Fajita Vegetables, and Broccoli

KEY =  GENERAL WELLNESS  HEART HEALTHY  DIABETIC FRIENDLY  LOW SODIUM  RENAL



Sweet & Sour Meatballs

Multicultural Meal Packs

7-Day Meal Pack

Butter Chicken & Lentil Stew Served with Brown Rice Pilaf and Broccoli

Chicken Parmesan Served with Rotini, Broccoli, and Cinnamon Apple Crisp

Italian Cheese Lasagna Served with an Italian Vegetable Blend

Orange Shrimp Stir-Fry Served with Brown Rice Pilaf and a Vegetable Blend

Raspberry BBQ Chicken Served with Oven-Roasted Potatoes and a Vegetable Blend

Sweet & Sour Meatballs Served with Chicken Dumplings, Brown Rice Pilaf, and Broccoli

Thai Ginger Curry Chicken Served with Brown Rice Pilaf, Fajita Vegetables, and Broccoli

5-Day Meal Pack

Butter Chicken & Lentil Stew Served with Brown Rice Pilaf and Broccoli

Chicken Parmesan Served with Rotini, Broccoli, and Cinnamon Apple Crisp

Italian Cheese Lasagna Served with an Italian Vegetable Blend

Orange Shrimp Stir-Fry Served with Brown Rice Pilaf and a Vegetable Blend

Thai Ginger Curry Chicken Served with Brown Rice Pilaf, Fajita Vegetables, and Broccoli

KEY = 🍴 GENERAL WELLNESS ❤️ HEART HEALTHY 🩺 DIABETIC FRIENDLY 🧂 LOW SODIUM 🫧 RENAL



NEW!! Lemon Dill Chicken

Renal-Friendly Meal Packs



7-Day Meal Pack

BBQ Seasoned Pork Served with Roasted Sweet Potatoes and Green Beans

Classic Meatloaf & Gravy Served with Mashed Potatoes, Succotash, and Carrots

Homestyle Turkey & Gravy Served with Mashed Potatoes, Stuffing, and Green Beans

Lemon Dill Chicken Served with Brown Rice Pilaf, Tomatoes, and Green Beans

Raspberry BBQ Chicken Served with Oven-Roasted Potatoes and a Vegetable Blend

Salisbury Steak & Mushroom Gravy Served with Mashed Potatoes, Carrots, and Baked Apples

Thai Ginger Curry Chicken Served with Brown Rice Pilaf, Fajita Vegetables, and Broccoli

5-Day Meal Pack

BBQ Seasoned Pork Served with Roasted Sweet Potatoes and Green Beans

Homestyle Turkey & Gravy Served with Mashed Potatoes, Stuffing, and Green Beans

Raspberry BBQ Chicken Served with Oven-Roasted Potatoes and a Vegetable Blend

Salisbury Steak & Mushroom Gravy Served with Mashed Potatoes, Carrots, and Baked Apples

Thai Ginger Curry Chicken Served with Brown Rice Pilaf, Fajita Vegetables, and Broccoli

KEY =  GENERAL WELLNESS  HEART HEALTHY  DIABETIC FRIENDLY  LOW SODIUM  RENAL



Chicken Mac & Cheese

Classic Comforts Meal Packs

7-Day Meal Pack

Beef Goulash Served with Peas and Carrots

Butter Chicken & Lentil Stew Served with Brown Rice PIlaf and Broccoli

Cheese Pizza Served with an Italian Bean Medley

Chicken à la Bleu Served with Mashed Potatoes and Dill Carrots

Chicken Mac & Cheese Served with Stewed Tomatoes and Green Beans

Raspberry BBQ Chicken Served with Oven-Roasted Potatoes and a Vegetable Blend

Swiss Steak Served with Mashed Potatoes, Normandy Vegetable Blend, and Cinnamon Apples

5-Day Meal Pack

Cheese Pizza Served with an Italian Bean Medley

Chicken à la Bleu Served with Mashed Potatoes and Dill Carrots

Chicken Mac & Cheese Served with Stewed Tomatoes & Green Beans

Raspberry BBQ Chicken Served with Oven-Roasted Potatoes and a Vegetable Blend

Swiss Steak Served with Mashed Potatoes, Normandy Vegetable Blend, and Cinnamon Apples

KEY =  GENERAL WELLNESS  HEART HEALTHY  DIABETIC FRIENDLY  LOW SODIUM  RENAL



Cheese Pizza

Lacto-Ovo Vegetarian Meal Packs



😊 7-Day Meal Pack

Broccoli Cheddar Omelet Served with Diced Potatoes and Cinnamon Apples

Butter Lentils & Rice Served with Brown Rice Pilaf and Broccoli

Cheese Pizza Served with an Italian Bean Medley

Corn & Black Beans Santa Fe Served with Brown Rice Pilaf and Broccoli

Italian Cheese Lasagna Served with an Italian Vegetable Blend

Sweet & Sour Tofu Served with Brown Rice Pilaf, Stir-Fried Vegetables, and Broccoli

Vegetarian Meatballs & Vegetarian Gravy Served with Mashed Potatoes and Green Beans

😊 5-Day Meal Pack

Broccoli Cheddar Omelet Served with Diced Potatoes and Cinnamon Apples

Butter Lentils & Rice Served with Brown Rice Pilaf and Broccoli

Cheese Pizza Served with an Italian Bean Medley

Corn & Black Beans Santa Fe Served with Brown Rice Pilaf and Broccoli

Italian Cheese Lasagna Served with an Italian Vegetable Blend

KEY = 😊 GENERAL WELLNESS ❤️ HEART HEALTHY 💙 DIABETIC FRIENDLY 🟡 LOW SODIUM 🟣 RENAL

MEAL PLAN GUIDE

ENTRÉES	ALLERGENS	DIET PLANS
BBQ Seasoned Pork Served with Roasted Sweet Potatoes and Green Beans	Soy	  
Beef Goulash Served with Peas and Carrots	Wheat	  
Butter Chicken & Lentil Stew Served with Brown Rice Pilaf and Broccoli	Wheat, Milk, Soy	   
Cheese Pizza Served with an Italian Bean Medley	Wheat, Milk, Soy	 
Chicken Mac & Cheese Served with Stewed Tomatoes and Green Beans	Wheat, Milk, Soy	 
Chicken Parmesan Served with Rotini, Broccoli, and a Cinnamon Apple Crisp	Wheat, Milk, Soy	  
Chicken à la Bleu Served with Mashed Potatoes and Dill Carrots	Wheat, Milk, Soy	  
Classic Meatloaf & Gravy Served with Mashed Potatoes, Succotash, and Carrots	Wheat, Milk, Soy	   
French Onion Breaded Pork Chop & Gravy Served with Mashed Potatoes, Peas, and an Apple Crisp	Wheat, Milk, Soy	 
Homestyle Turkey & Gravy Served with Mashed Potatoes, Stuffing, and Green Beans	Wheat, Milk, Soy	   
Italian Cheese Lasagna Served with an Italian Vegetable Blend	Wheat, Milk	  
Lemon Dill Chicken Served with Brown Rice Pilaf, Tomatoes, and Green Beans	Wheat, Milk, Soy	   
Orange Shrimp Stir-Fry Served with Brown Rice Pilaf and a Stir-Fry Vegetable Blend	Wheat, Soy, Shrimp	    
Raspberry BBQ Chicken Served with Oven-Roasted Potatoes and a Vegetable Blend		    
Salisbury Steak & Mushroom Gravy Served with Mashed Potatoes, Carrots, and Baked Apples	Wheat, Milk, Soy	   
Shepherd's Pie Served with Green Beans and Tomatoes	Wheat, Milk, Soy	  
Sweet & Sour Meatballs Served with Chicken Dumplings, Brown Rice Pilaf, and Broccoli	Wheat, Milk, Soy, Sesame	 
Swiss Steak Served with Mashed Potatoes, Normandy Vegetable Blend, and Cinnamon Apples	Soy	  
Thai Ginger Curry Chicken Served with Brown Rice Pilaf, Fajita Vegetables, and Broccoli	Wheat, Milk, Soy, Anchovies	    
Turkey Divan Served with Brown Rice Pilaf and Broccoli	Milk, Soy	    
BREAKFASTS	ALLERGENS	DIET PLANS
Broccoli Cheddar Omelet Served with Diced Potatoes and Cinnamon Apples	Milk, Soy, Eggs	 
Mini Blueberry Waffles Served with Cheesy Scrambled Eggs	Wheat, Milk, Soy, Eggs	  
Spanish Omelet Served with Turkey Sausage, Peppers & Onions, and Cinnamon Apples with Granola	Wheat, Milk, Soy, Eggs	   
Steak & Eggs Served with Hash Browns with Peppers & Onions	Milk, Soy, Eggs	   
Strawberry Pancakes Served with Scrambled Eggs and Turkey Sausage	Wheat, Milk, Soy, Eggs	 
Sweet Potato & Spinach Breakfast Skillet Served with French Toast Sticks	Wheat, Milk, Soy, Eggs	
Turkey Sausage Scramble Served with Potato Hash	Milk, Soy, Eggs	   
DIET PLAN KEY  GENERAL WELLNESS  DIABETIC  LOW SODIUM  HEART HEALTHY  RENAL		



Contact Chef2Home to learn more about how our medically-tailored meals can support your senior population:

(p) **855-277-6454** (e) **ask@chef2home.com** (w) **chef2home.com**

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