



Medically Tailored Meals

Personalized nutrition to support your health and well-being.



Medically Tailored Nutrition
Clinically developed meals designed to help treat and prevent disease.



Dietitian Designed
Nutrition you can trust



Chef Inspired
Delicious. Always



Delivered to You
Freshly delivered to your door.



Nourishment. Delivered.

gafoods.com

1-866-575-2772

We're Here To Serve You

It is our pleasure to be your home-delivered meal service. We have been serving meals to older adults, the military, children, disaster victims and others, since 1973. We are the most trusted and experienced meal provider. We look forward to serving you nutritious meals.

Your Meal Benefits

Your meals will be delivered to your home. We will call you to set your delivery day. There is no cost to you. Your case manager has already enrolled you

What's in the Box

Your meal boxes contain healthy frozen meals and may contain bread, fruit cups, and snacks. This is so you receive the good nutrition that your body needs.

Tips

- Meal boxes will change each delivery giving you lots of variety.
- If your health plan allows, you may be able to change your box.
- Meals arrive complete and ready to eat, with no additional preparation needed.
- Meals can be heated in the microwave (follow the instructions on the meal's top label) or baked in the oven at 300°F for 35-40 minutes.
- After heating, film lifts off easily. Hold the corner and tear across the tray (careful of escaping steam).



How It Works



1
We'll call you to schedule your delivery day.



2
Your meals are carefully prepared and packed.



3
We deliver to your door on your delivery day.



4
Heat, enjoy, and nourish your health!

Questions? We're here to help!

1-866-575-2772 | carecenter@gafoods.com | gafoods.com

Be Well

Specially designed to support individuals with:

- ☐ Renal Disease
- ☐ Cardiac Disease
- ☐ Liver Disease

Nutrition Targets



Protein: $\leq 20\text{g/meal}$



Sodium: $\leq 700\text{mg/meal}$



Potassium: $\leq 800\text{mg/meal}$



Phosphorus: $\leq 350\text{mg/meal}$

Box 1 MTM700046

NY Strip in Mustard Sage Sauce with carrots and diced potatoes.

Golden Pancakes and Peppered Egg with turkey sausage link, strawberry compote and fruit cup.

Meatballs in Tangy Orange Sauce with green beans, white rice and fruit cup.

Stuffed Pasta in Broccoli Cheese Sauce with corn and fruit cup.

Classic Meatloaf with Onion with peas & carrots, diced sweet potatoes and margarine cup.

Breaded Chicken in Country Pepper Gravy with mixed vegetables & squash medley, Brussels sprouts and margarine cup.

Stuffed Pepper Casserole with squash & peas, and white rice.



Be Well

Box 2 MTM700047

Herbed Chicken Piccata with carrots & green beans, northern beans with peppers and onions and applesauce.

Twisted Mac & Cheese with mixed vegetables and margarine cup.

Chicken Mushroom Swiss with green beans, carrots and applesauce.

Egg and Veggie Hash with diced breakfast potatoes with onion, cranberry apples and fruit cup.

Italian-Style Chicken Marinara with green beans, diced potatoes and margarine cup.

Zesty Spanish Omelet with sweet potatoes and kidney beans.

Bean Burrito with Southwest Sauce with green beans with red peppers, papas con chile and margarine cup.



Be Well

Box 3 MTM700048

New York Strip with carrots, diced potatoes, ketchup and mustard.

Breaded Chicken in Country Pepper Gravy with mixed vegetables & squash medley, Brussels sprouts and margarine cup.

Italian-Style Meatballs with pasta, green beans and fruit cup.

Cheesy Garden Omelet Bake with diced breakfast potatoes and spiced peaches.

Beef Patty in Teriyaki Sauce with mixed vegetables, white rice and fruit cup.

Egg with Sausage Country Pepper Gravy with diced breakfast potatoes, maple cinnamon apples and fruit cup.

NY Strip in Picadillo Sauce with confetti corn, green beans and margarine cup.



Be Well

Box 4 MTM700049

Rustic Chicken & Stuffed Pasta Pot Pie with mixed vegetables, cinnamon applesauce and fruit cup.

Shrimp Alfredo Tuscana with green beans with red peppers and applesauce.

Western-Style Omelet with diced breakfast potatoes, cinnamon applesauce and fruit cup.

Three Cheese Macaroni & Cheese with green beans, parslied carrots and fruit cup.

Rancheros Cheese Omelet with diced breakfast potatoes with onion, cranberry pears and fruit cup.

Mexican Bean Burrito with Queso with carrots and corn.

Batter-Dipped Crispy Fish Nuggets with carrots, green beans with red peppers and tartar sauce x1.

Be Well Highlights



Renal Friendly

Appropriate for those with chronic or acute renal conditions not on dialysis.



Heart Friendly

Lower sodium meals.



Controlled Sodium

Meals with a maximum sodium threshold.



Controlled Potassium

Meals with a maximum potassium threshold.



Controlled Phosphorus

Meals with a maximum phosphorus threshold.

Be Well High Protein

Specially designed to support individuals with:

- ☐ Renal Disease on Dialysis
- ☐ Heart Conditions
- ☐ Liver Disease

Nutrition Targets



Protein: 23-35g/meal



Sodium: ≤ 700mg/meal



Potassium: ≤ 900mg/meal



Phosphorus: ≤ 350mg/meal

Box 1

MTM700050

All meals served with 2 slices of seven grain bread.

NY Strip in Mustard Sage Sauce with carrots and diced potatoes.

Golden Pancakes and Peppered Egg with turkey sausage link, strawberry compote and fruit cup.

Meatballs in Tangy Orange Sauce with green beans, white rice and fruit cup.

Stuffed Pasta in Broccoli Cheese Sauce with corn and fruit cup.

Classic Meatloaf with Onion with peas & carrots, diced sweet potatoes and margarine cup.

Breaded Chicken in Country Pepper Gravy with mixed vegetables & squash medley, Brussels sprouts and margarine cup.

Stuffed Pepper Casserole with squash & peas, and white rice.



Be Well High Protein

Box 2 MTM700051 *All meals served with 2 slices of seven grain bread.*

Herbed Chicken Piccata with carrots & green beans, northern beans with peppers and onions and applesauce.

Twisted Mac & Cheese with mixed vegetables and margarine cup.

Chicken Mushroom Swiss with green beans, carrots and applesauce.

Egg and Veggie Hash with diced breakfast potatoes with onion, cranberry apples and fruit cup.

Italian-Style Chicken Marinara with green beans, diced potatoes and margarine cup.

Zesty Spanish Omelet with sweet potatoes and kidney beans.

Bean Burrito with Southwest Sauce with green beans with red peppers, papas con chile and margarine cup.



Be Well High Protein

Box 3 MTM700052 *All meals served with 2 slices of seven grain bread.*

New York Strip with carrots, diced potatoes, ketchup and mustard.

Breaded Chicken in Country Pepper Gravy with mixed vegetables & squash medley, Brussels sprouts and margarine cup.

Italian-Style Meatballs with pasta, green beans and fruit cup.

Cheesy Garden Omelet Bake with diced breakfast potatoes and spiced peaches.

Beef Patty in Teriyaki Sauce with mixed vegetables, white rice and fruit cup.

Egg with Sausage Country Pepper Gravy with diced breakfast potatoes, maple cinnamon apples and fruit cup.

NY Strip in Picadillo Sauce with confetti corn, green beans and margarine cup.



Be Well High Protein

Box 4 MTM700053 *All meals served with 2 slices of seven grain bread.*

Rustic Chicken & Stuffed Pasta Pot Pie with mixed vegetables, cinnamon applesauce and fruit cup.

Shrimp Alfredo Tuscana with green beans with red peppers and applesauce.

Western-Style Omelet with diced breakfast potatoes, cinnamon applesauce and fruit cup.

Three Cheese Macaroni & Cheese with green beans, parslied carrots and fruit cup.

Rancheros Cheese Omelet with diced breakfast potatoes with onion, cranberry pears and fruit cup.

Mexican Bean Burrito with Queso with carrots and corn.

Batter-Dipped Crispy Fish Nuggets with carrots, green beans with red peppers and tartar sauce x 1.

Be Well High Protein Highlights



Protein Support

23–35g of protein per meal to help support extra protein needs of those with renal disease on dialysis.



Dialysis Friendly

Designed for individuals managing renal disease while on dialysis.



Heart Friendly

Thoughtfully balanced meals that support cardiovascular health.



Controlled Sodium

700mg or less per meal.



Controlled Potassium

Potassium levels carefully managed for renal health needs.



Controlled Phosphorus

Phosphorus-conscious meals designed to support kidney health.

Be Well Gluten-Free Friendly

Specially designed to support individuals with the following conditions who are also gluten sensitive:

- ☐ Renal Disease
- ☐ Cardiac Disease
- ☐ Liver Disease

Box 1 MTM700054

These meals are not gluten-free certified.

Nutrition Targets



Protein: $\leq 20\text{g/meal}$



Sodium: $\leq 700\text{mg/meal}$



Potassium: $\leq 800\text{mg/meal}$



Phosphorus: $\leq 350\text{mg/meal}$

Egg and Veggie Hash with diced breakfast potatoes with onion, cranberry apples and fruit cup.

Herbed Chicken Piccata with carrots & green beans, northern beans with peppers and onions and applesauce.

Egg with Sausage Country Pepper Gravy with diced breakfast potatoes, maple cinnamon apples and fruit cup.

Chicken Mushroom Swiss with green beans, carrots and applesauce.

Zesty Spanish Omelet with sweet potatoes and kidney beans.

Classic Meatloaf with Onion with peas & carrots, diced sweet potatoes and margarine cup.

Western-Style Omelet with diced breakfast potatoes, cinnamon applesauce and fruit cup.



Be Well Gluten-Free Friendly

Box 2

MTM700055

These meals are not gluten-free certified.

Rancheros Cheese Omelet with diced breakfast potatoes with onion, cranberry pears and fruit cup.

Classic Meatloaf with Onion with peas & carrots, diced sweet potatoes and margarine cup.

Western-Style Omelet with diced breakfast potatoes, cinnamon applesauce and fruit cup.

Herbed Chicken Piccata with carrots & green beans, northern beans with peppers and onions and applesauce.

Egg and Veggie Hash with diced breakfast potatoes with onion, cranberry apples and fruit cup.

Chicken Mushroom Swiss with green beans, carrots and applesauce.

Zesty Spanish Omelet with sweet potatoes and kidney beans.

Gluten-free friendly highlights



Gluten-Free Friendly

Meals prepared without gluten-containing ingredients.



Heart Friendly

Heart-conscious meals that support cardiovascular health.



Renal Friendly

Balanced nutrition designed for kidney health needs.



Liver Friendly

Designed to support liver health and overall well-being.



Controlled Sodium

700mg or less per meal to help support healthy fluid balance.



Controlled Phosphorus

Phosphorus-conscious meals tailored for kidney health support.

Be Healthy

Specially designed to support individuals with:

- ☐ Diabetes
- ☐ Obesity
- ☐ Cardiac Diseases and more.

Nutrition Targets

 Calories: 500-700 per meal	 Protein: ≥20g/meal
 Sodium: ≤800mg/meal	 Carbohydrates: ≤75g/meal
 Fat: 20-35% total calories per meal	 Fiber: ≥8g/meal
 Saturated Fat: ≤7% total calories per meal	 Cholesterol: <200mg/meal

Box 1 MTM700038

Sweet & Sour Pork with corn, fried rice, whole wheat bread and fruit cup.

Creamy Stroganoff Casserole with Brussels sprouts, carrots, whole wheat bread and non-fat dry milk.

Meatballs in Tangy Orange Sauce with green beans, white rice, whole wheat bread, fruit cup and margarine cup x 2

Classic Meatloaf with Onion with peas & carrots, diced sweet potatoes, whole wheat bread, margarine cup x 2, fruit cup and non-fat dry milk.

BBQ-Glazed Pork Riblet with mixed vegetables, garlic mashed potatoes, whole wheat bread and margarine cup x 2.

Stuffed Pepper Casserole with squash & peas, white rice, whole grain roll and margarine cup x 2.

Breaded Chicken in Country Pepper Gravy with mixed vegetables & squash medley, Brussels sprouts, whole wheat bread, raisins and margarine cup.



Be Healthy

Box 2 MTM700039

General Tso's Chicken with peas & carrots, gingered rice, whole wheat bread, peanuts, margarine cup and non-fat dry milk.

Twisted Mac & Cheese with mixed vegetables, peanuts and non-fat dry milk.

Chicken Mushroom Swiss with green beans, carrots, whole wheat bread, margarine cup, granola bar and fruit cup.

Sweet & Sour Glazed Fish with edamame, gingered brown rice and fruit cup.

Italian-Style Chicken Marinara with green beans, diced potatoes, margarine x2, whole wheat bread and non-fat dry milk.

Zesty Spanish Omelet with sweet potatoes, kidney beans whole wheat bread, margarine cup and granola bar.

Creole-Style Fish Nuggets with green beans with red peppers, brown rice and applesauce.



Be Healthy

Box 3 MTM700040

Italian-Style Meatballs with Pasta with green beans, whole grain bread and margarine cup.

Hearty Meatloaf in Tomato Braise with parslied mashed potatoes, whole grain bread, margarine cup and fruit cup.

Pork Chop Patty in Savory Sofrito with green peas, sweet potatoes, whole grain bread and margarine cup.

Egg with Sausage Country Pepper Gravy with diced breakfast potatoes, maple cinnamon apples, whole grain bread and fruit cup.

Pasta Bolognese with Italian vegetables medley, whole grain bread and margarine cup x 2.

Homestyle Pork Chop in Gravy with Brussels sprouts, parslied mashed potatoes, whole wheat bread, fruit cup and non-fat dry milk.

Beef Patty in Teriyaki Sauce with mixed vegetables, white rice, whole wheat bread, margarine cup, fruit cup and non-fat dry milk.



Be Healthy

Box 4 MTM700041

Rustic Chicken & Stuffed Pasta Pot Pie with mixed vegetables, cinnamon applesauce, peanuts and whole grain bread.

Shrimp Alfredo Tuscana with green beans with red peppers, whole grain bread and peanuts.

Chicken Fiesta Taco Bowl with stewed tomatoes, corn, peanuts and fruit cup.

Manicotti with Tomato Sauce with mixed vegetables, whole grain bread, peanuts and non-fat dry milk.

Aromatic Chicken Tikka Masala with broccoli, brown rice, whole grain bread, margarine cup x 2 and granola bar.

Batter-Dipped Crispy Fish Nuggets with carrots, green beans with red peppers, whole grain bread and tartar sauce x 2.

Chicken Pasta Fagioli with poached pears, whole grain bread, peanut butter and non-fat dry milk.

Be Healthy Highlights



Blood Sugar Friendly

Balanced meals designed to support healthy glucose management.



Heart Friendly

Heart-conscious nutrition that supports cardiovascular wellness.



Weight Management

Portion-controlled meals that support healthy weight goals.



Balanced Nutrition

Carefully selected ingredients for everyday wellness.



Controlled Sodium

800mg or less per meal to help support heart health.



Whole Grain Focused

Includes fiber-rich whole grains to support overall health.

Be Healthy

Breakfast MTM700001

Zesty Spanish Omelet with sweet potatoes, kidney beans, whole wheat bread, margarine cup and granola bar.

Oatmeal with peanut butter, granola bar, whole wheat bread, margarine cup, and non-fat dry milk.

Egg and Veggie Hash with diced breakfast potatoes, cranberry apples, whole wheat bread, margarine cup, and non-fat dry milk.

Raisin Bran Cereal with whole wheat bread, margarine cup, peanuts, fruit cup, and non-fat dry milk.

Egg with Sausage Country Pepper Gravy with breakfast potatoes, maple cinnamon apples, whole wheat bread, fruit cup, and non-fat dry milk.

Toasted Oats Cereal with whole wheat bread, peanut butter, granola bar, and non-fat dry milk x 2.

Golden Pancakes & Peppered Egg with turkey sausage link, strawberry compote, whole wheat bread, margarine cup x 2, and All Bran Cereal.



High-Calorie, High-Protein

Specially designed to support individuals with:

- ☐ Cancer
- ☐ HIV
- ☐ AIDS
- ☐ Wound Healing
- ☐ Surgical recovery
- ☐ Malnutrition
- ☐ Failure to thrive

Nutrition Targets



Protein: $\geq 30\text{g/meal}$



≥ 700 calories/meal

Box 1 MTM700042

Sweet & Sour Pork with corn, fried rice, whole grain bread, margarine cup, fruit cup, and non-fat dry milk.

Creamy Stroganoff Casserole with Brussels sprouts, carrots, whole grain bread, margarine cup x 2, applesauce, and non-fat dry milk.

Meatballs in Tangy Orange Sauce with green beans, white rice, whole grain bread, fruit cup, fruit juice, and non-fat dry milk.

Classic Meatloaf with Onion with peas & carrots, diced sweet potatoes, whole grain hamburger bun, ketchup x 2, peanuts, and non-fat dry milk.

BBQ-Glazed Pork Riblet with mixed vegetables, garlic mashed potatoes, whole grain bread, margarine cup x 2, non-fat dry milk, and fruit juice.

Western-Style Omelet with diced breakfast potatoes, cinnamon applesauce, whole grain bread, oatmeal, non-fat dry milk and fruit juice.

Breaded Chicken in Country Pepper Gravy with mixed vegetables & squash medley, Brussels sprouts, whole grain bread, sunflower kernels, and non-fat dry milk.

High-Calorie, High-Protein

Box 2 MTM700043

General Tso's Chicken with peas & carrots, gingered rice, whole grain bread, margarine cup, sunflower kernels, non-fat dry milk, and fruit juice.

Twisted Mac & Cheese with mixed vegetables, peanut butter, whole grain bread, non-fat dry milk, and fruit juice.

Chicken Mushroom Swiss with green beans, carrots, whole grain bread, peanuts, non-fat dry milk, and fruit juice.

Bean Burrito with Southwest Sauce with green beans with red peppers, papas con chile, sunflower kernels, and non-fat dry milk.

Italian-Style Chicken Marinara with green beans, diced potatoes, whole grain bread, peanuts and non-fat dry milk.

Zesty Spanish Omelet with sweet potatoes, kidney beans, whole grain bread, oatmeal, fruit juice and non-fat dry milk.

Hearty Oatmeal Bowl with mixed berry compote, sweet potato hash, whole grain bread, margarine cup, non-fat dry milk, and fruit juice.



High-Calorie, High-Protein

Box 3 MTM700044

Italian-Style Meatballs with Pasta with green beans, whole grain bread, margarine cup x 2, granola bar, and non-fat dry milk.

Hearty Meatloaf in Tomato Braise with parslied mashed potatoes, whole grain bread, sunflower kernels, and non-fat dry milk.

Pork Chop Patty in Savory Sofrito with green peas, sweet potatoes, whole grain bread, margarine cup x 2, fruit cup, and non-fat dry milk.

Stuffed Pasta in Broccoli Cheese Sauce with corn, whole grain bread, peanuts, non-fat dry milk, and fruit juice.

Pasta Bolognese with italian vegetable medley, whole grain bread, margarine cup, fruit cup, and non-fat dry milk.

Homestyle Pork Chop in Gravy with Brussels sprouts, parslied mashed potatoes, whole grain bread, peanuts, and non-fat dry milk.

Beef Patty in Teriyaki Sauce with mixed vegetables, white rice, whole grain bread, margarine cup x 2, granola bar, and non-fat dry milk.



High-Calorie, High-Protein

Box 4 MTM700045

Rustic Chicken & Stuffed Pasta Pot Pie with mixed vegetables, cinnamon applesauce, peanuts, whole grain bread, non-fat dry milk, and fruit juice.

Three Cheese Macaroni & Cheese with green beans, parslied carrots, whole grain bread, margarine cup x 2, fruit cup, and non-fat dry milk.

Chicken Fiesta Taco Bowl with stewed tomatoes, corn, whole grain bread, peanuts, and non-fat dry milk.

Manicotti with Tomato Sauce with mixed vegetables, whole grain bread, margarine cup x 2, sunflower kernels, and non-fat dry milk.

Aromatic Chicken Tikka Masala with broccoli, brown rice, whole grain bread, margarine cup x 2, peanuts, non-fat dry milk.

Batter-Dipped Crispy Fish Nuggets with carrots, green beans with red peppers, whole grain bread, tartar sauce x 1, sunflower kernels, and non-fat dry milk.

Chicken Pasta Fagioli with poached pears, whole grain bread, margarine cup x 2, and sunflower kernels.

High-Calorie, High-Protein Highlights



High-Calorie Nutrition

700+ calories per meal to help meet increased energy needs.



Muscle Support

High-protein meals designed to help maintain muscle strength and recovery.



Wound Healing Support

Balanced nutrition to support healing and tissue repair.



Recovery Focused

Designed to support recovery after illness or surgery.



Nutrient Dense

Every meal is packed with protein, calories, and essential nutrients.

Dysphagia Management

(Swallowing Disorders)

We can also serve members that suffer from swallowing conditions, like Dysphagia. We offer Hormel Health Labs Thick and Easy® puree meals that are appealing in flavor and appearance.

Pureed Meals PUR000688

Pork Chop with mashed potatoes, broccoli, cinnamon applesauce, margarine cup, and instant breakfast.

Turkey Breast with mashed sweet potatoes, green beans, and applesauce.

Macaroni and Cheese with cinnamon applesauce, broccoli, and instant breakfast.

Roast Beef with whipped potatoes, green peas, margarine cup, and applesauce.

Macaroni & Cheese with broccoli, cinnamon applesauce, instant breakfast, and margarine cup.

Chicken Breast with garlic mashed potatoes, green beans, applesauce, and instant breakfast.

Beef with cheesy mashed potatoes, corn, and cinnamon applesauce.

All meals served with non-fat fortified dry milk

Liquids may need to be thickened as ordered by physician or speech pathologist.

THIS INFORMATION IS NOT INTENDED TO REPLACE
MEDICAL ADVICE. PLEASE DISCUSS ANY CONCERNS WITH
YOUR PHYSICIAN.

Need to make a referral? Scan and follow the steps



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Nourishment.

Delivered.