

FOOD & FRIENDS MEAL PLANS

MEAL PLANS	INDICATIONS	ELIMINATIONS	SUBSTITUTIONS
REGULAR	We choose to provide meals high in fiber, protein, healthy fats and focus on plant-based proteins to allow food to support the healing process. When living with a chronic illness, a diet low in sodium and sugar will help prevent health complications.		
DIABETIC	This meal plan helps to control blood sugar levels.	White pasta, rice, bread, desserts and high sugar condiments (jelly & syrup) are limited.	A variety of fruits, vegetables, and whole-grains like brown rice, whole-wheat pasta, and whole-wheat bread.
HEART HEALTHY	Heart disease such as high cholesterol, stroke, or heart attack.	Cream-based vegetables, full-fat dairy and cheese, beef, pork, high-fat baked goods, desserts, condiments (mayo, butter, oil, creamy salad dressings), and sugar sweetened drinks.	Non-cream-based vegetables, low-fat dairy products, chicken, turkey, fish, seafood, beans, tofu, soy meat substitutes, low-fat desserts and condiments. Eggs will be provided no more than two times a week.
RENAL	Kidney problems, this may be called things like renal insufficiency or renal failure. Hemodialysis or Peritoneal dialysis.	Foods high in potassium, phosphorus and sodium are not provided. Potatoes, bananas, tomatoes, beans & tofu are not allowed.	Foods low in potassium, phosphorus & sodium are provided. Such as: Apples, carrots, mandarin oranges, peaches, pears, pineapples. Moderate-potassium foods are allowed 1x/week. Such as: Melon, asparagus, cabbage, eggplant, green & wax beans, lettuce, peas, peppers.
GI FRIENDLY (prepared meals only)	Gastrointestinal and digestion problems.	Acidic, high fiber & spicy foods, caffeine is avoided to allow for more comfortable digestion. This diet has few raw fruits & vegetables. Higher fiber vegetables can be tough to digest even when cooked are restricted on this diet. Such as Brussels sprouts, cabbage & broccoli.	Low fiber-fruits & vegetables: Ripe bananas, melon, canned fruits, peeled potatoes, well-cooked vegetables, ice-berg lettuce. Starches such as rice, pasta and bread will be the white lower-fiber version.
SOFT (prepared meals only)	Trouble chewing or have very few teeth.	All whole, raw fruits & vegetables especially fibrous, tough, stringy or undercooked vegetables. Nuts, seeds and more chewy baked goods like bagels will be avoided.	Fruits & vegetables will be well-cooked or canned. Grains and starches provided will be softer and easily chewed. Protein options will be easy to chew and moistened by gravy or sauce.
PUREED (prepared meals only)	Difficulty swallowing	All whole foods.	All foods blenderized to pudding consistency.
NO DAIRY	Lactose Intolerance	Milk, yogurt, cheese, cream-based sauces, soups and dairy-based desserts.	Non-dairy-based soups and desserts. Soy milk provided with grocery service.
VEGETARIAN	Ovo-lactovegetarians	All meat, poultry and seafood.	Beans, tofu, eggs, nuts, nut butters, and dairy.
NO FISH	Fish/Seafood allergy	All fish and seafood.	Other protein sources like chicken, beef, pork, beans, eggs or tofu.
SHELF-STABLE	No permanent housing or facility to prepare meals	All foods that require refrigeration or cooking. (determined on a case by case basis)	Any foods not requiring refrigeration or cooking.