

Menu Planning Process

KEEPING OUR MEALS RELEVANT AND VITAL TO THOSE WE SERVE



1 STEP 1: CHEFS CREATE DRAFT

Chefs and dietitians start with a heart-healthy, low-sodium, carbohydrate controlled balanced meal for our “Medically Balanced” meal plan and modify recipes to meet the needs of those with various food restrictions. This is how we come up with our various meal plans.



2

STEP 2: NUTRIENT ANALYSIS

Our registered dietitians complete a nutrient analysis of the recipes. Meal plan goals are informed by research on evidence-based nutrition interventions for the life-challenging illnesses that we serve.

We follow the National Food is Medicine Coalition (FIMC) Nutrition Standards.



NUTRITION GUIDELINES OF MEDICALLY BALANCED MEAL PLANS

A daily average of:

- ✓ 1,800 calories
- ✓ 80 grams of protein
- ✓ No more than 2,000mg of sodium



3

STEP 3: RECIPE MODIFICATION

The team of chefs and dietitians modify recipes after reviewing the nutrient analysis AND test meals for taste, texture, and appearance.



OUR SPECIALIZED MEAL PLANS

- MEDICALLY BALANCED
- LOW LACTOSE
- DIALYSIS FRIENDLY
- SOFT
- NO FISH
- HIGH CALORIE
- NO BEEF/NO PORK
- SHELF STABLE
- VEGETARIAN
- MILD/LOW FIBER
- PUREED

4

STEP 4: CLIENT FEEDBACK

Clients provide feedback during nutrition appointments, focus groups, or surveys.

Recipes are modified based on feedback.



FOOD & FRIENDS

