

PRODUCT CATALOG

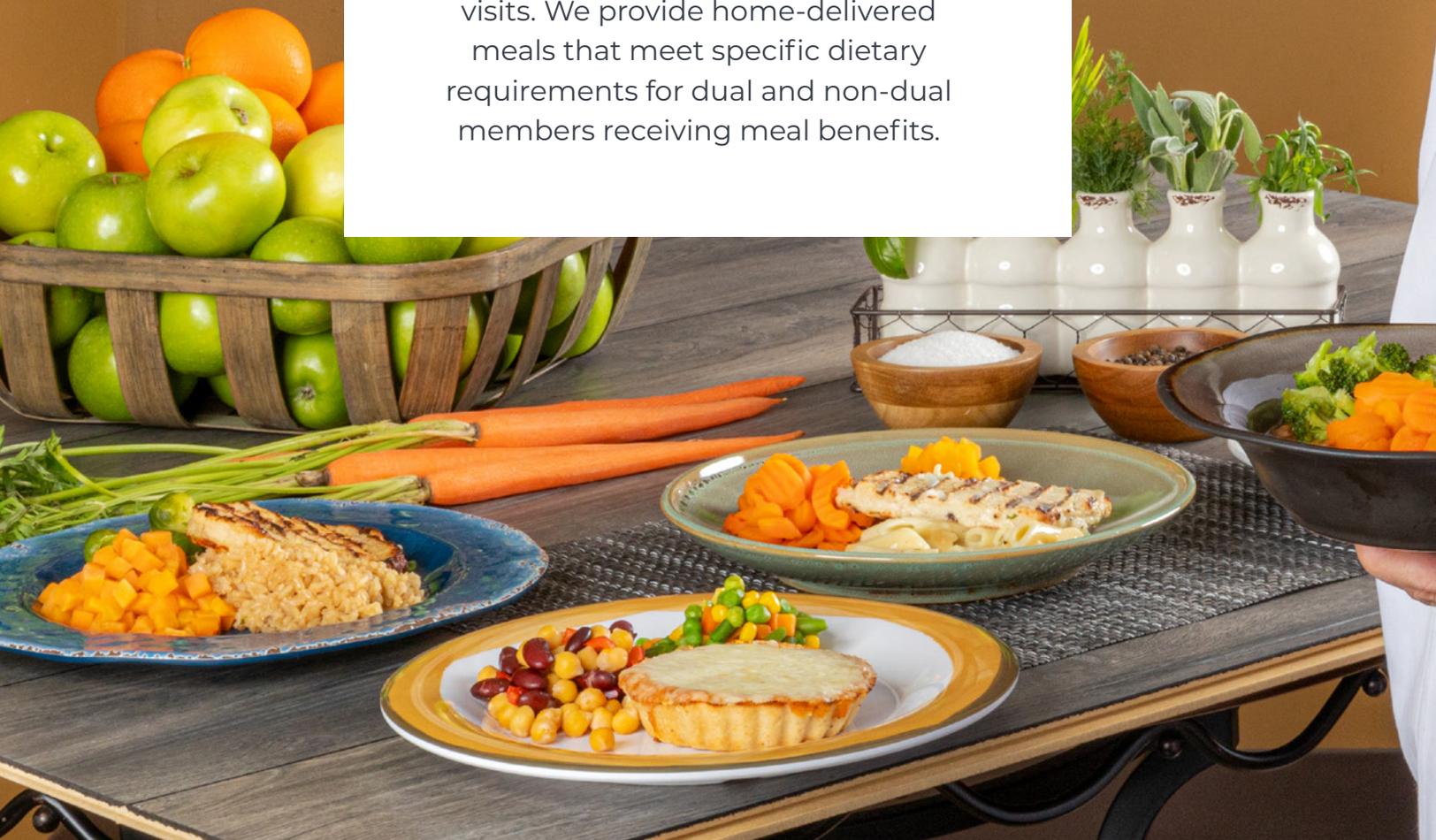




Chef-Inspired. *Dietitian Designed.*

Tailored meals with appeal, for people with chronic medical conditions or post-discharge.

At LiveWell with Traditions, we know that nutritious, consistent meal provision helps improve health and significantly reduces hospital readmission and emergency room visits. We provide home-delivered meals that meet specific dietary requirements for dual and non-dual members receiving meal benefits.





Explore meals by LiveWell with Traditions and discover a myriad of flavors throughout each meal box.



Healthy Heart

Lower in sodium and fat, with flavor and variety to help meet overall nutrition goals for a healthy lifestyle.



Lower Sodium

Lower in sodium than the average American diet, for overall wellness and individuals with high blood pressure.



Vegetarian

Ovo-lacto meals for a plant-based diet, providing substantial entrees and satisfying sauces to accompany your favorite veggies.



Renal-Friendly

Limited sodium, potassium, phosphorus, and liquids for individuals battling chronic kidney disease or end-stage renal disease.



Gluten-Free

Manufactured for those experiencing celiac disease, gluten ataxia, or gluten sensitivities, while providing filling proteins, tantalizing sauces, and nourishing vegetables.



Diabetic-Friendly

Carbohydrate-controlled and lower in sodium to help avoid dietary-induced blood sugar spikes and support an active lifestyle.



HEALTHY MEALS

CHEF'S MOST REQUESTED MENU (4W417102)

Spaghetti & Meatballs with Whole Kernel Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Grape Juice

Cheese Pizza with Mixed Vegetables, Bean Blend, Bran Muffin, Margarine, Milk, and Dragon Punch Juice

Beef Strip Patty & Brown Gravy with Spinach, Four Seasons, Cornbread Muffin, Margarine, Milk, Apple Juice, and Chocolate Crème Cookies

BBQ Chicken with Succotash, Green Beans, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Oatmeal Creme Cookie

Ginger Pork with Red Skin Potatoes, Green Pea Blend, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

Pollock with Coconut Rice with Three Seasons Vegetable Blend, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Vanilla Crème Cookies

Creamy Breaded Chicken with Lima Beans, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Strawberry Applesauce Cup

THE BEST OF COMFORT MENU (4W427102)

Breaded Chicken Patty with Whole Kernel Corn, Spring Vegetables, Cornbread Muffin, Margarine, Milk, Orange Juice, and Star Crunch Cookie

Pork Patty & Brown Gravy with Spinach, Sweet Potatoes, Cornbread Muffin, Margarine, Milk, and Blueberry Lemon Bar

Thai Chili Meatballs with Rice with Green Pea Blend, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Graham Crackers

Three Cheese Ravioli & Spinach Alfredo with Mixed Vegetables, Cauliflower, Whole Wheat Bread, Margarine, Milk, and Cherry Cookie

Chipotle Meatloaf with Red Skin Potatoes, Green Beans, Bran Muffin, Margarine, Milk, Grape Juice, and Applesauce Cup

Chicken Patty & Apricot Rice with Carrots, Brussels Sprouts, Bran Muffin, Margarine, Milk, Orange Juice, and Vanilla Crème Cookies

Meatballs over Egg Noodles & Pizzaiola Sauce with Carrots, Green Beans, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Snickerdoodle Cookie

ITS A WRAP ON THE CLASSICS (4W437102)

Grilled BBQ Pork with Black Beans & Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Oatmeal Creme Cookie

Cilantro Lime Meatballs with Rice with Bean Blend, Carrots, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

Rosemary Chicken with Lima Beans, Spring Vegetable Blend, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Vanilla Crème Cookies

Salisbury Steak with Red Skin Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Strawberry Applesauce Cup

Pepperoni Pizza with Four Seasons Vegetable Blend, Whole Kernel Corn, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

Pork Patty & Zesty Orange Rice with Green Peas, Carrots, Whole Wheat Bread, Margarine, Milk, and Pineapple Cup

Breaded Pollock Wedge with Parma Rosa Sauce with Corn with Peppers, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Apple Spice Cookie

CHEF MARIO'S FAVORITE MEALS (4W447102)

Chicken & Penne Pasta Alfredo with Carrots, Butternut Squash, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Cherry Cookie

Pollock Nuggets with Northern Beans, Broccoli Florets, Cornbread Muffin, Margarine, Milk, and Orange Juice

Beef Pepper Patty with Gravy with Spinach, Sweet Potatoes, Whole Wheat Bread, Margarine, Milk, and Chocolate Crème Cookies

Breaded Parmesan Chicken Patty with Red Skin Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Tropical Fruit Cup

Red Beans & Rice with Sausage with Corn with Peppers, Butternut Squash, Whole Wheat Bread, Margarine, Milk, and Orange Juice

Beef Patty with Carrots, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Campfire S'mores Bar

Southwest Style Chicken Tenders with Sweet Potatoes, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Star Crunch Cookie

VEGETABLE BLEND INGREDIENTS

Spring Vegetables

carrots, zucchini, green beans, green peas, onions

Three Seasons Vegetables

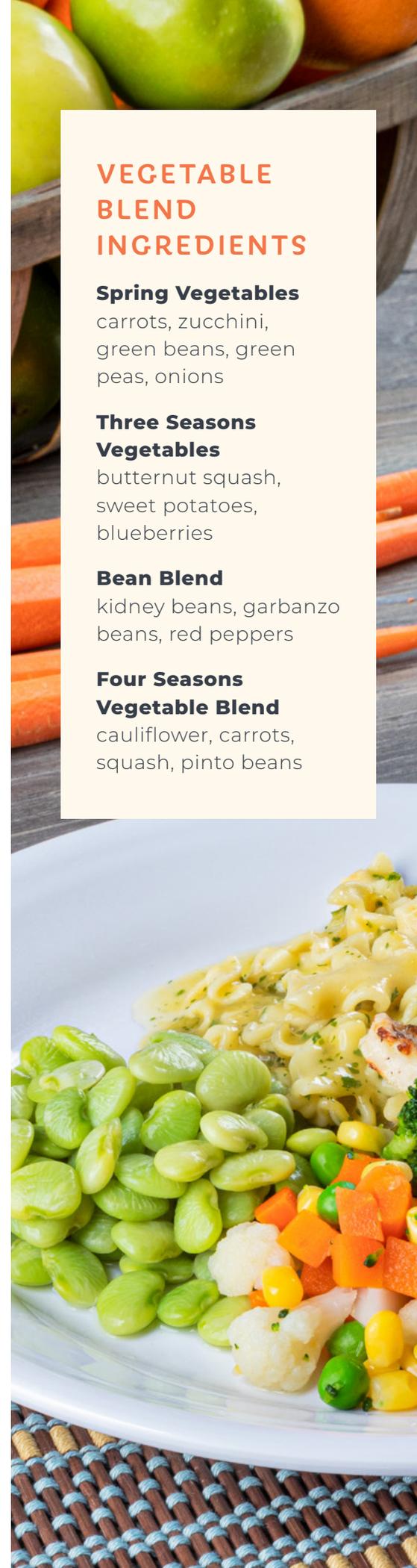
butternut squash, sweet potatoes, blueberries

Bean Blend

kidney beans, garbanzo beans, red peppers

Four Seasons Vegetable Blend

cauliflower, carrots, squash, pinto beans



7-Meal Boxes are shown.

5-Meal Boxes are also available.



SEASONAL FAVORITES MENU (4W457102)

Pork Patty & Mushroom Gravy with Sweet Potatoes, Green Beans, Cornbread Muffin, Margarine, Milk, and Snickerdoodle Cookie

Huevos Rancheros with Red Skin Potatoes, Broccoli Florets, Bran Flakes Cereal, Margarine, Milk, and Apple Juice

Meatballs & Alfredo Shell Pasta with Corn with Peppers, Green Beans, Bran Muffin, Margarine, Milk, and Orange Juice

Chicken Nuggets with Whole Kernel Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, Grape, and Applesauce Cup

Pork Patty & Rice with Roasted Garlic Gravy with Succotash, Carrots, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Vanilla Crème Cookie

Breaded Pollock with Green Pea Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Chocolate Crème Cookies

Homestyle Meatloaf with Red Skin Potatoes, Winter Vegetables, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Cherry Cookie

Meals continued

GLUTEN FREE MEALS

SEVEN TASTES OF DELIGHT (40017021)

Chicken Chili with Beans with Cauliflower and Spring Vegetables

Fried Egg Patties with Asparagus and Sweet Potatoes

Chimichurri Chicken with Stewed Tomatoes and Black Beans & Corn

Beef Patty with Carrots and Brussels Sprouts

Chicken Florentine with Asparagus and Carrots

Chipotle Meatloaf with Red Skin Potatoes and Green Beans

Cheese Omelet & Salsa with Broccoli Florets and Hash Browns

FLAVORS TO SAVOR (40027045)

Chili with Beans with Carrots and Broccoli Florets

BBQ Chicken with Succotash and Green Beans

Breakfast Scramble with Asparagus and Hash Browns

Red Beans & Rice with Sausage with Corn with Peppers and Butternut Squash

Cacciatore Chicken Tenders with Red Skin Potatoes and Asparagus

Beef Patty over Cheesy Chipotle Rice with Whole Kernel Corn and Broccoli Florets

Pesto Basil Chicken with Lima Beans and Three Seasons Mixed Vegetables





DIABETIC FRIENDLY AND LOWER SODIUM MEALS

≤30 GM CARBOHYDRATE AND <600 MG SODIUM

FULL FLAVORS (40017021)

Chicken Chili with Beans with Cauliflower and Spring Vegetable Blend

Fried Egg Patties with Asparagus and Sweet Potatoes

Chimichurri Chicken with Stewed Tomatoes and Black Beans & Corn

Beef Patty with Carrots and Brussels Sprouts

Chicken Florentine with Asparagus and Carrots

Chipotle Meatloaf with Red Skin Potatoes and Green Beans

Cheese Omelet & Salsa with Broccoli Florets and Hash Browns

CRAVE-WORTHY FAVORITES (40027021)

Salisbury Steak with Red Skin Potatoes and Mixed Vegetables

Pizzaiola Pork with Asparagus and Carrots

Breaded Pollock with Green Pea Blend and Carrots

NY Strip Beef Patty with Horseradish Sauce with Red Skin Potatoes and Brussels Sprouts

Chicken & Penne Pasta Alfredo with Carrots and Butternut Squash

Beef Patty & Onion Gravy with Red Skin Potatoes and Broccoli Florets

Pork Patty & Gravy with Spinach and Sweet Potatoes

OVO-LACTO VEGETARIAN MEALS

PLANT-BASED SAMPLER (40017050)

Cheese Pizza with Bean Blend and Mixed Vegetables

Fried Egg Patties with Asparagus and Sweet Potatoes

Macaroni & Cheese with Bean Blend and Brussels Sprouts

Florentine Stuffed Shell with Parma Rosa Sauce with Lima Beans and Carrots

Cheese Omelet & Salsa with Broccoli Florets and Hash Browns

Cheese Manicotti with Alfredo Sauce with Bean Blend and Butternut Squash

Three Cheese Ravioli & Spinach Alfredo with Mixed Vegetables and Cauliflower





RENAL MEALS

Each meal totals fewer than 455 mg phosphorus, 650 mg potassium and 610 mg sodium.

CHAMPION OF FLAVORS (40017058)

Chicken & Penne Pasta Alfredo with Carrots and Butternut Squash

Fried Egg Patties with Asparagus and Sweet Potatoes

Breaded Pollock with Green Pea Blend and Carrots

Salisbury Steak with Red Skin Potatoes and Mixed Vegetables

Chicken Florentine with Asparagus and Carrots

Macaroni & Cheese with Bean Blends and Brussels Sprouts

Breakfast Scramble with Asparagus and Hash Browns

BURST OF COMFORT (40027058)

BBQ Chicken with Succotash and Green Beans

Chipotle Meatloaf with Red Skin Potatoes and Green Beans

Breaded Pollock Wedge with Parma Rosa Sauce with Corn with Peppers and Italian Green Beans

Sausages & Pancakes with Sweet Potatoes and Cinnamon Apples

Cheese Omelet & Salsa with Broccoli Florets and Hash Browns

Three Cheese Ravioli & Spinach Alfredo with Mixed Vegetables and Cauliflower

Pizzaiola Pork with Asparagus and Carrots

LiveWell With Traditions meets a growing need for meal benefits for Medicare Advantage members.

Producing 70 million meals annually, LiveWell With Traditions' effective operating scale manages ingredient, delivery, and administrative costs, providing payers an advantage in serving their members.

LiveWell With Traditions' expertise in customer care combined with forty-two (42) distribution points provides health plans a national, cost-effective single source for meal benefits.





www.livewellwithtraditions.com

866.521.1796



Nutritional information available upon request.