



MEDICAL MEAL PLANS DELIVERED

Doctor-Designed Based on Your Diagnosis

Puremccoy offers Specialized Medical Meal Plans Delivered, designed by doctors to cater to your specific health needs. Based on your diagnosis, you can choose from a variety of pre-made meal plans crafted to support your condition. Each meal is backed by scientific research and prepared by expert chefs to ensure both nutritional value and delicious taste. Whether you're managing a chronic illness, recovering from surgery, or aiming to improve your overall health, Puremccoy's medical meals provide a convenient, reliable solution to help you stay on track with your health goals delivered to your door.

Diabetic Meal Plan for Diagnosis of: Diabetes | Prediabetes

Heart-Healthy Meal Plan for Diagnosis of: Coronary Artery Disease | Hypertension | Pulmonary Hypertension | Congestive Heart Failure

Very Low Sodium Meal Plan for Diagnosis of: Cirrhosis | Nephrotic Syndrome | Meniere's Disease

Gluten-Free Medical Meal Plan for Diagnosis of: Celiac | Gluten Sensitivity | Gluten Disorders

Anti-Inflammatory Meal Plan for Diagnosis of: Interstitial Cystitis | Autoimmune Diseases | Rheumatoid Arthritis | Osteoarthritis

Low FODMAP Meals Meal Plan for Diagnosis of: Irritable Bowel Syndrome (IBS) | Inflammatory Bowel Disease (IBD) | Crohn's

Low-Cholesterol Meal Plan for Diagnosis of: Pulmonary Hyper Tension | Congestive Heart Failure | Circulatory Conditions



KOSHER MEALS

You can enjoy our meals with confidence, knowing they are prepared in a fully kosher environment. All 24 of our meals are certified by a reputable kosher certification authority, ensuring they meet strict dietary standards and Kashrut laws.

Our Shabbat Dinner menu features:

Grilled Kosher Chicken | Potato Mash | Noodle Kugel | Gefilte Fish | Challah Rolls

- **Made in Our Kosher Kitchen:** Each meal is prepared in a dedicated kosher kitchen, specifically designated and maintained to comply with Kashrut laws.
- **Supervised Preparation:** Our kitchen is under the strict supervision of qualified kosher certifiers, ensuring that all food handling, preparation, and cooking adhere to traditional kosher practices.
- **Strict Sanitary Standards:** We follow rigorous cleanliness and sanitation protocols to maintain the highest standards of kosher integrity.
- **Trust and Quality:** Enjoy our meals with peace of mind, knowing they are prepared in a fully kosher environment that guarantees both quality and compliance.
- **Consistent Compliance:** Regular inspections and certifications ensure ongoing adherence to kosher standards, preserving the integrity of every meal.

MEDICAL MEALS

Contingency Meal Plan

The Contingency Meal Plan for Memory Care, Assisted Living, and Independent Living facilities offers 180 dietitian-approved lunch and dinner options designed for quick delivery within the Greater Miami area. These nutritious meals are aligned with Florida state recommended food groups, including beef, fish, poultry, pork, dairy, and vegetables, ensuring balanced nutrition. They can be stored in freezers or coolers, providing a reliable supply of safe, wholesome food during staff shortages, emergencies, or medical requests. Each day, a variety of lunch and dinner options are available to meet different dietary needs. The plan emphasizes easy preparation, proper storage, and food safety, supporting residents' health and morale during challenging situations.



CHEF'S CHOICE | KETO DIET | WEIGHT LOSS | LOW CARB | HIGH PROTINE | GLP-1 BALANCE | POWER BOWLS

DIABETIC MEAL PLAN

Keep your blood sugar stable with our diabetic-friendly meal plan to Lower Your A1C, designed with low-sugar, low-carb ingredients. Ideal For:

- **Diabetes**
- **Prediabetes**

Dietitian-designed and chef-crafted diabetic meals that keep blood sugar in check.

Our diabetic meals are doctor-designed and clinically certified, crafted by dietitians and chefs to help effectively manage blood sugar levels. Whether you're dealing with pre-diabetes or living with diabetes, these meals are thoughtfully prepared with fresh, diabetic-friendly ingredients, including non-starchy vegetables, whole grains, and healthy fats. Each meal is precisely balanced to support stable glucose levels, making blood sugar management both delicious and easy.

These meals follow strict guidelines to ensure nutritional excellence, including using nutrient-dense foods, limiting refined grains, avoiding added sugars, and incorporating omega-3-rich fish like salmon to promote heart health. All meals are prepared in a certified, supervised kitchen by qualified professionals, ensuring compliance with rigorous safety and dietary standards. With these clinically designed and certified meals, you can confidently enjoy nutritious, flavorful food that enhances your quality of life while supporting your health goals.



HEART-HEALTHY MEAL PLAN

Heart Healthy Meals Delivered Cardiologist-Designed & Chef-Crafted

Reduce plaque buildup in arteries. Our heart-healthy meal plan is low in sodium, fat, and cholesterol. Great for:

- **Coronary Artery Disease**
- **Hypertension (high blood pressure)**
- **Pulmonary Hyper Tension**
- **Supports the DASH diet**
- **Congestive Heart Failure**
- **Circulatory Conditions**

Our Heart-Healthy Meal Plan is carefully designed by dietitians and clinically certified to support cardiovascular health. Crafted by chefs with expertise in heart-healthy nutrition, these meals feature ingredients that promote healthy cholesterol levels, blood pressure, and overall heart function. Each meal is thoughtfully prepared with nutrient-dense foods such as non-starchy vegetables, whole grains, healthy fats, and lean proteins, making it easier to maintain your heart health while enjoying delicious, satisfying food. Following strict nutritional guidelines, our meals are made in a certified kitchen under the supervision of qualified professionals, incorporating omega-3-rich fish, reduced saturated fats, and limited sodium to support your wellness goals.

The Heart-Healthy Difference: Our Ingredient Philosophy. Eating for heart health shouldn't mean sacrificing flavor. Every ingredient is recognizable, natural, and purposefully chosen: nutrient-dense vegetables that fuel without spiking blood sugar, high-fiber legumes for sustained energy, ancient grains and chia seeds packed with phytonutrients, and premium lean proteins that deliver more nutrition with fewer calories. Our chefs prove that heart-healthy can be flavorful, using fresh herbs and aromatic spices to create bold, satisfying dishes without relying on salt. Plus, with our dedicated fleet of refrigerated trucks, we ensure the fastest delivery from farm to your door, guaranteeing fresher ingredients and higher nutritional value.

VERY LOW SODIUM MEAL PLAN

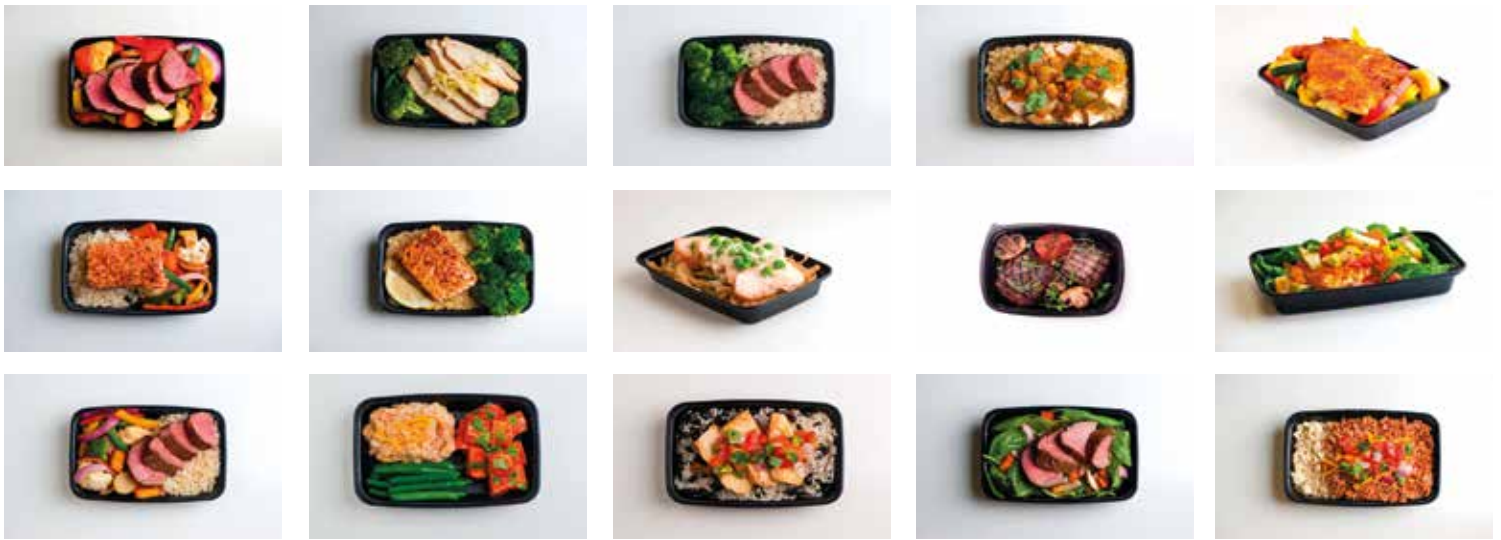
The lowest sodium meals on the market have only 200–400mg of sodium per meal. Great for:

- **Cirrhosis**
- **Nephrotic Syndrome**
- **Meniere's Disease**

Our low-sodium meals are delivered ready-to-eat, with each containing as little as 210mg of sodium, making them among the lowest on the market. Crafted by expert chefs, over 12 menu options are infused with herbs and root flavors, ensuring that every dish is both delicious and satisfying while helping you maintain a low-sodium diet effortlessly. These meals are designed to support your health goals without sacrificing taste, providing a variety of flavorful choices that make healthy eating easy and enjoyable.

Choosing low-sodium meals offers significant health benefits, including lowering blood pressure and fighting hypertension by helping your body maintain a healthy fluid balance and reducing strain on your arteries. It also helps reduce water retention, minimizing bloating and swelling, so you feel lighter and more comfortable throughout the day. Long-term, a low-sodium diet supports cardiovascular health, reduces stroke risk, and promotes kidney health by decreasing strain on the kidneys, making it an essential part of maintaining overall wellness.





GLUTEN-FREE MEDICAL MEAL PLAN

Our gluten-free meals replace wheat, barley, and rye with alternative carbohydrate sources to support individuals with:

- **Celiac**
- **Gluten Sensitivity**
- **Gluten Disorders**

Our celiac meal delivery service specializes in nutritionally balanced meals made with non-wheat carb sources. All our gluten-free recipes are then cooked by classically trained chefs who prepare your meals fresh daily.

Our meals are made with 100% gluten-free ingredients, ensuring they are safe for individuals with gluten sensitivities or celiac disease, as well as those seeking to reduce inflammation. A gluten-free diet can help reduce inflammation and digestive discomfort, alleviating symptoms such as bloating, gas, and abdominal pain. For people with celiac disease, strict adherence to gluten-free foods prevents damage to the small intestine, promoting better nutrient absorption and overall gut health. Additionally, avoiding gluten can support autoimmune conditions by reducing symptoms and disease progression, and may help prevent neurological issues such as headaches, brain fog, or neuropathy in sensitive individuals.

Choosing gluten-free meals can also help manage other health conditions, such as irritable bowel syndrome (IBS), gluten sensitivity, or wheat allergy. These meals are designed to support your health while providing delicious, nutrient-dense options that align with your dietary needs. By eliminating gluten, you can enjoy improved digestive comfort, better nutrient absorption, and potentially reduce the risk of gluten-related health issues, all while maintaining a balanced and satisfying diet.

ANTI-INFLAMMATORY MEAL PLAN

Meals exclude all potentially inflammatory ingredients, such as tomato, lemon, lime, onion, garlic, as well as condiments like pepper, chili, and more. Clinically researched by Idaho State University. Good for

- **Interstitial Cystitis/Bladder Pain Syndrome**
- **Autoimmune Diseases**
- **Rheumatoid Arthritis**
- **Osteoarthritis**

Our Anti-Inflammatory Meal Plan is a clinically researched program developed in collaboration with Idaho State University's Department of Dietetics & Nutrition, designed to help reduce inflammation and support overall health. These meals are carefully crafted to suit various conditions, including autoimmune diseases, rheumatoid arthritis, osteoarthritis, interstitial cystitis, and bladder pain syndrome. The meals exclude all potentially inflammatory ingredients like tomato, lemon, lime, onion, garlic, and condiments such as pepper and chili, and do not include red meat or dairy, focusing instead on nutrient-rich, anti-inflammatory ingredients like Brussels sprouts, yellow bell peppers, carrots, turmeric, parsley, and ginger.

Prepared fresh weekly by professional chefs, each meal is infused with anti-inflammatory herbs and spices, ensuring both flavor and health benefits. This meal plan not only aligns with the principles of the Zone Diet but also offers a delicious, inflammation-reducing approach to eating that can help manage symptoms and promote better overall wellness. With its scientifically-backed formulation and chef-prepared quality, this anti-inflammatory meal plan provides a natural way to support your health goals while enjoying flavorful, wholesome food.



LOW FODMAP MEALS

Gastroenterologist-designed meals that limit hard-to-digest carbs to reduce digestive discomfort. Great for:

- **Irritable Bowel Syndrome (IBS)**
- **Inflammatory Bowel Disease (IBD), Including Crohn's & Ulcerative Colitis**

Finding truly low FODMAP prepared meals is challenging—most contain hidden triggers or lack flavor. We've solved both problems. Our ready-to-eat low FODMAP meals are specifically designed to reduce bloating, gas, and digestive discomfort while delivering the taste and nutrition your body needs.

Our Low FODMAP Meals are delivered ready-to-eat, making it simple and convenient to follow a low FODMAP diet without sacrificing flavor or time. Built on the FODMAP Elimination Protocol, each meal is carefully designed to exclude common triggers, such as onion, garlic, wheat, lactose, and high-fructose ingredients, which can cause fermentation and bloating. We meticulously select anti-inflammatory seasonings and high-pH foods that work together to soothe your digestive system and support gut healing, helping you manage symptoms effectively.

Enjoy restaurant-quality flavor with every bite—our chefs use moisture-injection cooking techniques, and artisan touches like fresh herb garnishes to craft meals that are both delicious and therapeutic. With no meal planning, shopping, or cooking required, your freshly prepared meals arrive in microwave-safe containers, ready to heat and enjoy. This seamless approach makes maintaining a low FODMAP lifestyle effortless, satisfying your taste buds while supporting your digestive health.

LOW-CHOLESTEROL MEAL PLAN

Heart Healthy Meal Plan (Low Sodium & Low Cholesterol). Reduce plaque buildup in arteries. Our heart-healthy meal plan is low in sodium, fat, and cholesterol. Great for:

- **Coronary Artery Disease**
- **Hypertension (high blood pressure)**
- **Pulmonary Hyper Tension**
- **Supports the DASH diet**
- **Congestive Heart Failure**
- **Circulatory Conditions**

Professional chefs thoughtfully craft our Low-Cholesterol Meals to be both delicious and heart-healthy. Developed with the guidance of nutritionists and recommended by cardiologists, these meals are designed to help reduce plaque buildup in your arteries and support overall cardiovascular health. They are prepared using no animal fats or butter, instead relying on herbs and zero-salt spices to enhance flavor naturally. Each dish features natural ingredients, high-quality lean cuts of meat (90%+ lean), and avoids free radicals, sodium, and artificial additives, ensuring you receive high nutritional value in every bite.

With no cooking or prep required, these meals are delivered ready-to-eat in perfectly portioned, pre-cooked packages. Simply heat and enjoy the wholesome, low-cholesterol, low-sodium foods that support your heart and circulatory system. This convenient, chef-prepared meal plan makes maintaining a heart-healthy diet effortless, so you can focus on your health while indulging in flavorful, clean eating every day.



PLAN YOUR MEALS FOR THE WEEK:



A. CHIVE & GARLIC CHICKEN



B. APPLE MUSTARD PORK CHOP



C. STUFFED PEPPER CASSEROLE



D. JALAPENO POPPER BURGER



E. SWEET LEMONGRASS BEEF



F. ROASTED VEGETABLE FUSILLI



G. SMOKED TOFU ALMOND STIR-FRY



H. KETO RANCH CHICKEN



I. ITALIAN GROUND BEEF & MARINARA BOWL

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