Reviewer’s report

Title: “I was able to eat what I am supposed to eat”– Patient reflections on a medically-tailored meal intervention: A qualitative analysis

Version: 0 Date: 16 Oct 2019

Reviewer: Reviewer 2

Reviewer's report:

PEER REVIEWER ASSESSMENTS:

OBJECTIVE - Full research articles: is there a clear objective that addresses a testable research question(s) (brief or other article types: is there a clear objective)?
Yes - there is a clear objective

DESIGN - Is the current approach (including controls and analysis protocols) appropriate for the objective?
Yes - the approach is appropriate

EXECUTION - Are the experiments and analyses performed with technical rigor to allow confidence in the results?
Yes - experiments and analyses were performed appropriately

STATISTICS - Is the use of statistics in the manuscript appropriate?
N/A - there are no statistics in this study

INTERPRETATION - Is the current interpretation/discussion of the results reasonable and not overstated?
Yes - the author's interpretation is reasonable

OVERALL MANUSCRIPT POTENTIAL - Is the current version of this work technically sound? If not, can revisions be made to make the work technically sound?
Probably - with minor revisions
PEER REVIEWER COMMENTS:

GENERAL COMMENTS:

This is a qualitative study that analyzed opinions of persons with diabetes who received premade meals, tailored to reach optimum nutrition to control glycemia. The manuscript is well-written and composed appropriately. The methods used are adequate.

I have some suggestions for the authors to clarify in order to improve the manuscript content and allow for the reproducibility of their study.

REQUESTED REVISIONS:

Introduction

I suggest adding the explanation of what exactly "food insecurity" entail among person with diabetes (in Introduction section).

Purpose of the study: I suggest modifying the word "determine" with "understand", because the term determination involves quantitative approach.

Methods

Please add what were the indicators of content saturation to reach the adequate sample size.

Please explain in detail what is the 2-item vital sign and provide reference to support it.

Please add the information on the facility where the meals were prepared before delivery.

Please explain how the meals were delivered to study participants.

Please add in which period according to calendar the meals were delivered.

Please add how many meals were delivered on each occasion (every day 3 meals, or every other day, or 3 times per day…)

Discussion

Please add more information how to bridge the issue of costs. Specifically, the majority of study participants were in a financially disadvantaged position and for them to afford this service on their own would probably be out of reach. Please add your comments and suggestion as to how to reconcile this issue, because this meal delivery was obviously beneficial.
ADDITIONAL REQUESTS/SUGGESTIONS:

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Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.
Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

Not relevant to this manuscript

Quality of written English
Please indicate the quality of language in the manuscript:
Acceptable

Declaration of competing interests
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

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5. Do you have any other financial competing interests?

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