

Meal Delivery/Prep Services

It's okay to get help.

1. The Good Kitchen - simply reheat + these meals actually taste good + freezer friendly + good reviews
2. Hungry Root - meals and recipes take 20 minutes or less + semi-grocery shopping available
3. Home Chef - meals and recipes take 30 minutes or less + easy to personalize + meals taste great for the whole family + good reviews
4. Freshly - single portioned and ready to eat meals + easy to use
5. Sunbasket - pre-prepped or meal kits that take 40 minutes or less + mostly Organic ingredients
6. Daily Harvest - easy to prepare/assemble smoothies, soups, bowls & flatbreads
7. MamaSezz - simply reheat or ready to eat + vegan + environmentally friendly
8. Green Chef - pre-measured ingredients + cook yourself + certified Organic company + sauces are pre-made & delish
9. HelloFresh - easy recipes + great for 2-4 people + good reviews
10. Martha & Marley Spoon - more ambitious meals + 45 minutes or less + serves 2-4 people + good reviews

Breakfast Ideas

- Baked Oatmeal
- Overnight Oats
- Seasonal Quiche or Frittata
- Yogurt, Berry & Nut Parfait
- Avocado Toast with Soft Boiled Egg
- Smoothie (to-go)

Lunch Ideas

- Homemade Chicken, Tuna, Egg or Chickpea Salad (salad, wrap or sandwich)
- Stew or Seasonal Soup (meal or side)
- Homemade Coleslaw (side)
- Leftover Vegetable Lasagna
- Leftover Burrito Bowl
- Mix & Match Entree Salad (e.g., Cobb Salad)
- Soup & Salad Combo

