

Meal Delivery & Prep Services

*Meal planning & prep shouldn't be another stressor in your life!
It's okay to get help.*

1. **The Good Kitchen** - simply reheat + these meals actually taste good + freezer friendly + good reviews
2. **Hungryroot** - meals and recipes take 20 minutes or less + semi-grocery shopping also 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. **Sunbasket** - pre-prepped or meal kits that take 40 minutes or less + mostly Organic ingredients
5. **Daily Harvest** - plant based with use of sustainably sourced fruits & veggies + easy to prepare, assemble - smoothies, soups, bowls & flatbreads
6. **MamaSezz** - simply reheat or ready to eat + vegan + environmentally friendly
7. **Green Chef** - pre-measured ingredients + cook yourself + certified Organic company + sauces are pre-made and delicious!
8. **Hello Fresh** - easy recipes + great for 2-4 people + good reviews
9. **Martha & Marley Spoon** - more ambitious meals + 45 minutes or less + serves 2-4 people + good reviews
10. **Dinnerly** - meals and recipes take 30 minutes or less + relatively affordable + easy to personalize + digital recipe cards are provided instead of paper + simplistic recipes with minimal ingredients for easy preparation
11. **Factor** - fresh, ready made meals + simply reheat + crafted by chefs and designed by their team of dietitians
12. **Purple Carrot** - vegan meals + meal kits & fresh, prepared meals available + "Pantry" items also available to stock pantry

***** We recommend checking in your hometown for LOCAL meal prep & delivery *** services that could be utilized alternatively or in addition to companies listed above.**

Please note: Be sure to check dietary accommodations as well as total calories, protein & sodium content of meals provided to ensure they meet your individual nutritional needs.