I'm not a robot



4.5 (35+) from HealthlineMeal type: meal kitPrice per serving: $6.59 to $18.99Menus: Reduced sodium, Carb conscious, 600 calories or less, Protein, Nutritionist's pick, Mediterranean, Wheat free, Vegan, VegetarianMeals per week: 2 to 5GET STARTED WITH BLUE APRONWhy we love itBlue Apron provides consistently high quality meals that can help you build confidence in the kitchen while enjoying more nutritious, home-cooked meals, earning it our choice as the best overall meal delivery service.While there aren't as many meals to choose from each week, we still found that the service does a good job of providing a wide variety of ingredients and flavor profiles to keep your tastebuds happy. We also liked that there's at least one oven-ready meal offered each week.Dietician's takeawayAccording to registered dietitian and expert tester Kelli McGrane, MS, RD, after trying more than 25 meal delivery services over the years, Blue Apron is the one that she keeps coming back to thanks to its creative flavors and high quality ingredients — hello, fresh pasta and pizza dough!"I first tried Blue Apron over 10 years ago in college, and I remember really liking it at that time, though it was too expensive to keep up with on a college budget. Trying it this time I was happy to see that the quality of the ingredients hadn't gone down.Photos courtesy of Kelli McGrane."All of the ingredients were in good condition and seemed fresh upon arrival. While I didn't love all of the plastic packaging, I did appreciate that the salmon was vacuum-sealed and that the chicken was packaged in two layers of plastic to prevent juices from seeping out."As a working mom with two young kids, McGrane also appreciated that the recipes "came with easy-to-follow recipe cards and didn't require quite as much multitasking as some of the other services I tried."How it worksBlue Apron delivers meals weekly, with options for two or four servings per meal and two to five meals per week. The service preselects meals for you based on your diet preferences. However, you can easily change your order by swapping one (or all) of the preselected meals for any of the 15+ recipes offered that week.Read our full review of Blue Apron.Sign-up, delivery, and cancellation processes4.5Health coach and registered dietitian Jessica Sandoz, MS, LD, was keen to try Blue Apron for convenient and flavorsome weekly meals. "I am a full-time working mom of 2 young children and wanted to decrease meal planning and shopping time, but still have nutritious home-cooked meals. Blue Apron has quality ingredients and tasty, easy options."She found the sign up process simple, praising the filter options."I like how you can filter your meals by preferences, like "family friendly" and "fast & easy." You get to select your plan for how many servings and how many meals per week. I usually cook 3 meals a week for my 4 person family, so that works out well! Pretty easy to select. Then they have you complete a quiz on preferences…likes and dislikes. Very quick."Photos by Jessica Sandoz, MS, RD, LD.Jessica shared her favorite meals:Korean-Style Chicken with Kimchi, Veggies & Pre-cooked Rice: "I would rate it a 9.5/10. This dish was scrumptious! The combination of sweet, salty, spicy, and funky was really on point. This recipe gave me the opportunity to try some new(ish) flavors that I haven't cooked much with, like Kimchi and gochujang. This dish also had an amazing variety of textures, from the soft rice to the crunchy carrots to the crispy on the outside, tender on the inside chicken."Sheet Pan Cajun Salmon with Roasted Sweet Potato, Asparagus & Spicy Sour Cream: "The salmon was cooked perfectly after about 10 minutes. I liked the sauce as it went well to bring up the flavor of the salmon, and a good complement to the asparagus and potatoes. The potatoes were great and the asparagus was cooked perfectly, very simple and delicious with salt, pepper and lemon. There is good balance of protein and veggies from a nutritional standpoint."Mexican Beef & Rice Bowls with Fresh Tomato Salsa and Cotija Cheese: "Good complement of flavors with the savory meat, sweetness from carrots, and spiciness of the pickled jalapeno. At first I was thrown off be having carrots in a taco bowl, but actually really liked the sweetness and texture it added. Love the fresh aspect with the tomatoes too. My kids enjoyed it, too."flavorful meals with high quality ingredientsoffers both meal kits and heat-and-eat optionsprovides many health-conscious recipes, including nutritionist-approved recipesuses sustainably-sourced seafood and hormone-free meatsuitable for beginners and more adventurous eatersnot suitable for certain dietary restrictions or severe food allergiesnot available in Alaska or Hawaiimay not be good for larger families or householdsfewer weekly options than many other services testedIngredients: sustainably sourced fish and seafoodServings available: 2, 4Diet friendliness: vegetarian, pescatarian, low carbDelivery area: contiguous United StatesPackaging: most packaging is recyclable, reusable, or compostableShipping: $9.99 4.6 (35+) from HealthlineMeal type: meal kits and prepared mealsPrice per serving: $9.99 to $25.99Menus: Gluten-Free, Paleo, Carb-Conscious, Mediterranean, Pescatarian, Vegetarian, Keto-Friendly, and Diabetes-FriendlyMeals per week: 3, 4, or 5Why we love itSunbasket is U.S. Department of Agriculture (USDA) certified organic and specializes in dietitian-approved healthy meal kits. With options for nearly any eating pattern, it is one of the most varied services available and is our pick for the best healthy meal delivery service.During testing, the service scored highly for its meal variety, nutrition and ingredient quality, ease of preparation, and taste.Dietician's takeaway"Each of Sunbasket's meals included high quality, fresh ingredients, and it was easy for me to find options that suit my preferences ," said registered dietician Kelli McGrane, MS, RD, referring to the varied menuPhotos courtesy of Kelli McGrane, RD."Compared to other meal kits I've tried, Sunbasket's recipes featured some of the most memorable ingredient combinations, and I appreciated that there's a large variety of meals and dietary preferences to choose from."How it worksIn addition to choosing meals based on dietary patterns, meals include detailed nutritional information, and some can also be found on nutrition tracking apps.Read our full review of Sunbasket.Sign-up, delivery, and cancellation processes5Our tester Ren Dias tried Sunbasket's keto plan. She praised the ease of signing up and the variety of cuisine types available. "Signing up with Sunbasket was easy and straightforward. It provides personalized options based on a questionnaire you take during the onboarding process."Ren noted the variety of cultural cuisine options. "With no dietary preferences selected, you can find a good variety of ingredients, flavor combinations, and cuisines. They included Asian, Pakistani, Moroccan, and Costa Rican cuisines, among others."Photos courtesy of Ren Dias.She added that the prepped meals were marketed as "'fresh, never frozen;' I'm not 100% sure if that's accurate. I felt the need to drain some juices before reheating, which I've found is usually the case when something has been frozen."Ren tried the Chicken and Gnocchi "Dumplings" with seasoned vegetables. She praised the portion size and how filling it was, but noted the flavor was lacking and criticized the texture."The serving size was bigger than I thought. It looked small but was actually quite filling. The taste was still a little bland, but better than other prepared meals I've had before. I added garlic powder, onion powder, and red pepper flakes — common spices in my cooking. The texture was a little off-putting. Everything was mushy."Overall, while Ren generally enjoyed the prepared meal, she would have preferred more options for her diet requirements.provides both meal kits and prepared mealscaters to a variety of dietsUSDA Organic certifiedfeatures creative flavor combinationshigh costdoes not deliver to all areasnot suitable for those with severe food allergiesIngredients: some organic ingredients, sustainably sourced fish and seafood, grass-fed beef, and humanely raised meat and poultryServings available: 2 or 4Delivery area: contiguous United States except for Montana, North Dakota, and parts of New MexicoDiet friendliness: gluten-free, vegetarian, pescatarian, paleo, keto, low carb, Mediterranean, diabetes-friendlyPackaging: all packaging is recyclable, reusable, or compostableShipping: $10.99 4.2 (35+) from HealthlineMeal type: prepared mealsMenus: Chef's Choice, Keto, Calorie Smart, Protein Plus, Carb Conscious, GLP-1 Balance, Fiber Filled, FlexitarianPrice per serving: variesMeals per week: 4, 6, 8, 10, 12, 14, or 18Why we love itFactor — formerly Factor 75 — features dietitian-designed prepared meals with creative flavor combinations and textures that hold up after reheating.We also appreciate that Factor meals are nutrient-rich and are free of gluten, refined sugars, hormones, antibiotics, and GMOs, making it a good option if you're looking for healthy prepared meal delivery for weight loss or bodybuilding.We tested Factor several times and asked each tester to rate the service in a few key areas. Overall, our testers rated Factor highly when it comes to nutrition, ingredient quality, and ease of preparation.Meanwhile, all subscriptions include a free 20-minute consultation with a registered dietitian, and monthly coaching packages are available for an additional fee.Dietician's takeawayAccording to our expert tester, McGrane, who tried the service for 2 weeks, "I'm usually skeptical when it comes to prepared meals since it's hard to compete with freshly made dinners. However, Factor pleasantly surprised me. Not only were the dishes flavorful, but the textures of the ingredients were also spot-on."Specifically, the salmon was moist and not fishy, the chicken was juicy, and the vegetables were tender without being mushy. Even the quinoa in the Herbed Quinoa Pesto Bowl had a soft yet chewy texture."I think Factor just does a lot of things right. The ingredients are high quality, the meals are fresh never frozen, the entrees are well-seasoned, and there's a good variety of flavor profiles and cuisines to choose from."Photos courtesy of Kelli McGraneHow it worksFactor offers six menus catering to a variety of dietary needs, including Keto, Calorie Smart, and Vegan & Veggie, and delivers 6, 8, 10, 12, 14, or 18 meals per week. You have full control over which meals you receive, including the option to add breakfast items or cold-press juices to your order.Read our full review of Factor.Sign-up, delivery, and cancellation processes4.5Another of our testers, Kelsey Regan, tried Factor's keto menu. She said that while she doesn't usually follow a keto diet, she does "occasionally gravitate toward lower-carb, high protein options. Factor's keto meal plan impressed me with its wide variety of options compared to other meal delivery services that tend to have limited or repetitive selections. There were plenty of meal choices to select from."Kelsey Regan found the flavor and texture of Factor's fully cooked meals impressive upon reheating.For the Roasted Red Pepper Tortellini & Italian Sausage, she said, "This dish was one of my favorites. The roasted red pepper sauce had a smoky-sweet flavor, and the Italian sausage added the right amount of spice. The tortellini was well cooked, and the sausage complemented the pasta well."She added that for the Truffle Butter Filet Mignon, "The truffle butter was an added luxury to the filet. I love truffle, so this was a great flavor addition. The steak was cooked medium well but still was tender. Cooking steak to a perfect temperature is challenging to do via meal delivery."Kelsey added that the pasta in the Parmesan & Sun-Dried Tomato Chicken Penne "was on the al dente side" to her delight.Photos courtesy of Kristin CurrinKristin Currin also tried Factor. She lives with fibromyalgia and finds that anti-inflammatory diets, keto diets, and Mediterranean diets are most helpful for her. She also avoids consuming red meat.Kristin was impressed that Factor had a large selection of keto meals, "from keto samplers of shakes and bars to breakfasts and dinners," in addition to varied cuisines from across cultures.The only drawback she found was that she did not appreciate how Factor would not allow you to order a week of meals at a one-time rate. "It automatically signs you up for a subscription at a 'discount' with no option for a month-to-month price. You have to call to cancel it which is cumbersome and doesn't seem straightforward to me."Overall, Kristin found Factor way more flavorful and filling than other meal delivery services she has tried and said they had a "much better selection of chicken."Photos courtesy of Kristin Currin.no cooking requiredoffers free 20-minute consult from a dietitiancan freeze meals for longer shelf lifegreat taste and textureall dishes free of gluten, refined sugar, and GMOshigh quality, fresh (never frozen) ingredientsoffers only single-serving mealssome meals high in saturated fat and sodiumlimited plant-based optionsexpensive per servingIngredients: humanely raised meat and poultryDiet friendliness: vegetarian, keto, low carb, paleo, and dairy-freeServings available: 1Packaging: most packaging is recyclable or reusablemost packaging is recyclable or reusableDelivery area: contiguous United StatesShipping: $10.99 4.2 (35+) from HealthlineMeal type: meal kitPrice per serving: $11.99Menus: Keto, Mediterranean, Plant Based, Protein Packed, Gluten Free, Gut & Brain Health, Calorie Smart, and Quick & EasyMeals per week: 2 to 4Why we love itGreen Chef is one of the best meal kits if organic ingredients and sustainability are top priorities. It also offers a varied menu with exciting flavors and recipes.Green Chef is a U.S. Department of Agriculture (USDA) certified organic meal kit subscription service, with all ingredients being organic, unless stated otherwise.The brand also has organic handler certification from California Certified Organic Farmers.Read our roundup of the best organic meal services.This is the only meal kit service that offsets 100% of its direct carbon emissions. It prioritizes recyclable or compostable packaging, providing instructions for disposing of plastic packaging responsibly.Green Chef scored highly for ease of sign-up, meal variety, nutrition quality, and taste. However, some testers said the meal prep wasn't as easy as they'd like.Photos by Kelli McGrane, MS, RDDietitian's takeawayRegistered dietitian Kelli McGrane has subscribed to Green Chef multiple times, praising the service for its focus on variety."Each time I try Green Chef, I'm impressed by the wide range of ingredient types and flavor combinations, making the service a great option for adventurous eaters and those (like myself) who frequently find themselves in a recipe rut."She also notes the range of plant-based options. "While it varies week to week, there are often at least 7 to 10 vegetarian-friendly meals to choose from, with at least half of those being suitable for vegan diets."McGrane does note the complexity of some recipes. "Some of the recipe cards could've had clearer directions. I highly recommend reading through all of the instructions before getting started.""I also don't love that many of the recipes I've tried required multiple pots and pans, making cleanup a little longer."However, she appreciates the pre-prepared and portioned ingredients. "[This means] I've been able to do most of the cooking one-handed with my kiddo on my hip."How it worksGreen Chef offers many menus and dietary filters, so you can select recipes that suit your needs. Options include vegan, vegetarian, keto, paleo, Mediterranean, and gluten-free menus.You can choose between 2, 3, or 4 recipes per box, with 2, 4, or 6 servings each. Delivery is weekly, and you can choose the day of the week that you prefer for delivery.You can pause, skip, or cancel the weekly deliveries from your account online.Check out our full review of Green Chef here.Tester Steph Carney has a positive experience with Green Chef, praising the range of dietary and flavor filters when choosing recipes."I enjoyed the variety and mix of cuisines, especially the Asian and Mexican-inspired options. I love spice and bold flavors, and it was exciting to see Mediterranean options with different animal and plant-based proteins. The options made it hard to choose – I was definitely curious to try them all!""The 'keto,' 'high protein,' and 'source of fiber' labels were incredibly helpful in narrowing down my options […] to find meals that aligned with my current dietary goals. I also really liked the 'flexitarian' label. It would be great if there was a filter for 'low-sugar' meals as well, as that's something I often look for."Photos by Steph Carney.Steph notes that the delivery arrived in good condition and the ingredients were fresh."Everything arrived in excellent condition. My first delivery came a couple of hours before I did, so I was happy to see that the insulation packaging and ice packs kept everything fresh. The ingredients were well-protected, and I appreciated the attention to detail in ensuring everything stayed cool during delivery."Our tester found the recipe clear and easy to follow. "I really liked the A4-sized instructions. I personally benefit from color and pictures to keep my focus, so I found the format to be very helpful. I also appreciated the clear time estimates for each step, and the recipe took about the amount of time suggested, which made the entire cooking process feel well-paced."Overall, Steph enjoyed Green Chef, noting the new and exciting flavors and recipes."Green Chef definitely brought some fresh ideas to the table. The meals were flavorful and gave me a chance to try new combinations that I wouldn't have thought of otherwise. I definitely see myself trying these recipes again, especially the ones with new flavor profiles and ingredients."health-conscious recipesprioritizes organic itemssustainable packagingwide variety of recipes and flavorsplant-based & vegan menusmenus for dietary restrictionshigh costsome recipes complexshipping additional costDiet friendliness: vegetarian, vegan, Mediterranean, gluten-free, and ketoIngredients: some organic ingredients, locally sourced, sustainably sourced fish and seafood, and humanely raised meat and poultryServings available: 2, 4, or 6Packaging: most packaging is recyclable, reusable, or compostableDelivery area: contiguous United States 4.2 (35+) from HealthlineMeal type: prepared meals and a la carte itemsMenus: Clean, Paleo Whole30, Keto, Vegan, GLP-1Price per serving: $18.99Meals per week: 7, 10, or 14Why we love itTrifecta Nutrition earns our vote for best meal delivery services for weight loss, athletes, and bodybuilders, because it provides calorie- and portion-controlled dishes that are macro-balanced to help you meet your protein, carb, and fat content goals.Several of its meal plans include low calorie, well-balanced meals with organic produce and sustainably sourced seafood or grass-fed meats. Trifecta's rotating menus include breakfast, lunch, and dinner entrees, and you can also order protein, veggies, and carbs a la carte.Dietician's takeawayTester and registered dietitian Rachael Ajmera, found Trifecta meals to be "nutritionally balanced, filling, and delicious."She did note that following the recommendation to heat the prepared meals on the stovetop retained ingredient texture better than heating them in the microwave.Photos courtesy of Rachael Ajmera.How it worksMeals are fully prepared and contain around 350 to 500 calories and 20 to 40 grams of protein per serving. Plus, each dish features lean proteins, complex carbs, and vegetables.Most diet meal delivery plans are featured on popular nutrition apps, so you can easily track your intake. Trifecta also has an app that can help you track your meals, workouts, and more.Each week, you can order 7 to 28 entrees, either with or without breakfast. You can choose your own meals or opt for a preselected menu and exclude one ingredient per week, such as shellfish, mushrooms, or poultry.Read our full review of Trifecta Nutrition.Sign-up, delivery, and cancellation processes4For Sydney Samuels, weight management-minded meals that add novelty and brevity to dinner prep drew her to try Trifecta Nutrition."Ordering prepared meals seemed like a great way to get balanced and healthy meals, try new dinner options, and save myself the hassle of cooking and washing dishes," she said.Photos courtesy of Sydney SamuelsSydney appreciated that you didn't have to commit entirely to one of the five offered cuisine options. "If you're unsure what you want, or don't want to commit to the same type of meal every week, it's easy to change your selection later," she said.Sydney points out that meal selection is only possible after paying for subscription and determining whether you want to choose your own meals or allow for autoselection.One main difference between meal delivery services is how they package and keep meals cold. For Sydney, the Trifecta way set it apart."The cooling 'ice packs,' called Enviro Ice, were the highlight for me. These packs could be refrozen and reused as ice packs, or the contents could be drained and used as plant food, and then the packaging could be recycled," she said.Her main critique was the quality of the meals once prepared."I didn't love the texture of most of the meals, as the veggies were often mushy, and the tofu could be dry. Some of the sauces were a bit watery, and some meals had too much sauce. Several of the meals had great flavor, but a few of them were bland."Sydney said if organic, ethically sourced ingredients and macro-balanced meals are what matter most to you, then Trifecta might be worth the higher price tag.Read our full review of Trifecta Nutrition.nutritionally balancedgluten- and peanut-free facilityprioritizes organic itemsfully prepared mealsoptions for several dietsoffers only single-serve mealshigh costtesters criticize some flavors and textures Ingredients: some organic ingredients, locally sourced, sustainably sourced fish and seafood, grass-fed beef, and humanely raised meat and poultryDiet friendliness: paleo, keto, Whole30, vegan, and vegetarianShipping: $9.99 in the contiguous United States ($49.99 for Alaska and Hawaii)Packaging: most packaging is recyclable, reusable, or compostableServings available: 1Delivery area: United States (Alaska and Hawaii included) 4.2 (35+) from HealthlineMeals per week: 2 to 6Menus: Calorie-Conscious, Carb-Conscious, Protein-packed, Mediterranean, Keto-friendly, Pescatarian, Vegetarian, Gluten-SmartMeal type: meal kits and prepared mealsPrice per serving: $9.99 to $11.99GET STARTED WITH HOME CHEFWhy we love itHome Chef offers several types of easy-prep meal kits, including Oven Ready, Fast & Fresh, Express, and Family Menu meal bundles. These meal kits make it easy to get dinner on the table, especially on busy weeknights.Home Chef's Oven Ready meals come ready to bake in oven-safe trays. The service also offers Express meals, which take about 15 minutes to prepare, and Fast & Fresh meals, which are more nutritious options that can be prepared quickly.For busy families, Home Chef recently debuted its new Family Menu plan, which features 10+ weekly rotating recipes, all of which require minimal prep.In addition to being easy to prepare, Home Chef scored highly for its ease of sign-up, meal variety, nutrition quality, and taste.Dietician's takeawayHome Chef's meals were a hit with our tester's whole family. SaVanna Shoemaker, MS, RDN, LD, noted: "Everyone really liked the Chicken Lorraine. It came together really quickly, and the sauce for the chicken was delicious."I was pleasantly surprised by how much my kids liked the Turkey Burrito Skillet, too — especially since it was full of vegetables. We would definitely use the service again if we ever needed some easy, quick weeknight meals."Photos courtesy of Kelli McGrane.Kelli McGrane, who tried the company's Family Plan, also enjoyed the service: "This was my first experience trying Home Chef, and I wasn't quite sure what to expect. Overall, I was impressed by the ingredient quality (particularly the chicken) and how easy the meals really are to make."The dishes were also packed with flavor yet still approachable for my picky toddler. My biggest complaint was the lack of vegetables."How it worksTo get started, you'll first complete a quiz, which asks questions about your reasons for choosing a meal kit service, your food preferences, and how many meals you'd like to receive each week. Box size options include two to six meals, with two, four, or six servings each.While the service preselects meals for you based on your preferences, you can also create your own custom meal plan by selecting other options from Home Chef's full menu.Read our full review of Home Chef.Sign-up, delivery, and cancellation processes4.5Tester Lauryn Gladd was impressed with the tastes and texture of Home Chef's meals."I was very satisfied with the taste and texture of the meals. I would say I enjoyed four out of the five meals I tried, and I would order them again. The meals weren't bland at all; they included spices and sauces that added great flavor. I could also adjust them to my own liking."Photos by Laurynn Gladd.Lauryn's favorite meals included:Walnut Pesto Chicken with bacon brussels sprouts (Oven-Ready): "The chicken was cooked perfectly following the recommended time, and the pesto orzo was delicious. The brussel sprouts were delivered fresh and generously sized (I had to cut these up before eating), and the addition of bacon bits provided a satisfying crunch."Tuscan Herb Chicken Rice Bowl with spinach and tomatoes (Fast & Fresh): This dish was more flavorful than I expected, thanks to the tuscan herb butter and chicken demi-glace included. The rest of the ingredients (chicken, rice, tomatoes, spinach) are ones I usually purchase, which I could easily turn into a meal myself." Lauryn added "I would have preferred more feta cheese."White Cheddar Meatballs with broccoli orzo and carrots (Lunch)" For a microwave meal, this was a lot more flavorful and fresh than I expected. It was actually my favorite meal I ordered. The pesto orzo complemented the meatballs and carrots perfectly. The portion size was about one serving, ideal for a quick lunch yet substantial enough for dinner."One criticism Lauryn had was about the amount of packaging, though she notes that is was mostly recyclable."There was a lot of packaging, which concerned me from a sustainability standpoint at first. However, most of the packaging was labeled recyclable so I made sure to dispose of it correctly."Overall, Lauryn was a fan of the taste and convenience Home Chef offered. "Compared to cooking at home, It was much easier to have all the ingredients provided at once and measured out for me."offers a variety of traditional and easy-prep meal kitsincludes low-calorie and low-carb optionsprovides meals for up to six peopleeasy-to-make and satisfying meals for adults and kidsnot appropriate for food allergies or specific dietary needslimited vegetarian optionssome meals are light on vegetables Servings available: 2, 4, 6Diet friendliness: vegetarian and carb- and calorie-consciousIngredients: some organic ingredientsPackaging: most packaging is recyclable or reusableDelivery area: contiguous United StatesReturns: credits upon requestShipping: $10.99 to $13.99Price per serving: $13+Meals per week: 3,4,6,8, or 10Meal type: meal kits and prepared mealsMenus: Meal Kits, Prepared Meals, Less Prep, Frozen MealsGET STARTED WITH PURPLE CARROTWhy we love itPurple Carrot makes it easy to eat more plant-based meals by offering creative flavor and ingredient combinations as well as a line of prepared meals for dinner in a flash.For those short on time, the service offers single-serving microwaveable meals, as well as Less Prep meals, which are recipes that feature shortcuts to help you put dinner on the table faster, such as pre-chopped vegetables.During testing, the service scored highly for nutrition quality, ingredient quality, ease of preparation, and taste.Photos courtesy of Kelli McGrane.Dietician's takeawayMcGrane has tried Purple Carrot several times over the years and most recently subscribed to the service for 4 months. McGrane noted that she was drawn to the service as a way to incorporate more creative plant-based recipes into her family's weekly meal rotation.According to McGrane: "I really loved Purple Carrot at first. The recipes are unlike what I'd typically cook for dinner, and most of the meals were a hit with my picky toddler. I also appreciated that the meals were generally easier and faster to prepare than they used to be."However, after 3 months, I found that the recipes started to feel repetitive week after week. That said, I recently glanced at Purple Carrot's new summer menu, and I'm tempted to try the service again as it does look quite a bit different from its menu over the winter."How it worksPurple Carrot offers plans with three or four meals per week, with two or four servings each. However, you aren't locked into a certain box size. Unlike other services on our list, you can choose to receive a mix of two- and four-serving meals, as well as add additional meals, like breakfasts and lunches, to your order.Read our full review of Purple Carrot.Sign-up, delivery, and cancellation processes3Kelli McGrane, MS, RD, said, "I found that Purple Carrot's recipes were the most unique [of other plant-based meal kits]. I enjoyed the flavors and textures of each dish I tried and loved that the service introduced me to new ingredients, or uses for ingredients, and flavor combinations."Photos by Kelli McGraneShe said a few meals in particular stood out:New England "Lobster" Rolls: "A creative twist on a classic dish. Used heart of palm in place of lobster meat. As someone who has eaten their fair share of lobster rolls, I was pleasantly surprised at how the flavor and texture hit all the right notes — just what you'd expect from this New England staple," Kelli said.Romesco Grain Bowls: Kelli said it included pan-roasted mushrooms and butter beans. She found the dish to be brimming with flavor and appreciated the variation in textures.Spicy Almond Butter Noodles: "LOVED the sauce, and the texture of the whole wheat ramen was awesome (super chewy). I also liked the bok choy, as I don't buy it often. My only complaint was that the textures felt a bit repetitive after a while, and I wished that there was tofu for an extra protein boost."tasty and creative flavorsgluten-free and high protein meal optionseasy-to-follow recipesoption to pause or cancel your subscription at any timeoffers both meal kits and prepared mealsoffers vegan meal optionsnot suitable for severe food allergies or intolerancesmay start to feel repetitive after several monthsnot available in Alaska or HawaiiServings available: 2 or 4Ingredients: some organic ingredientsDelivery area: contiguous United StatesDiet friendliness: veganPackaging: most packaging is recyclable, reusable, or compostableShipping: $10, or free for orders of $99 or more Credit: Philip FriedmanProsInnovative and flavorful keto-friendly optionsVariety of prepared meals to choose fromAdd-ons include shakes, smoothies, snacks and dessertsConsSome meals are very high in fatType: Prepared meals | Cost: $11.49–$13.99 per meal + $11 shipping fee | Availability: Nationwide WHO IT'S BEST FOR: People who don't have time to cook but still want healthier meals. WHAT TO KNOW: You've probably heard of Factor, one of the most popular prepared meal delivery services out there. Part of the HelloFresh family, think of Factor as the more convenient, health-conscious cousin. I like that all of their meals are created by dietitians and chefs, and the subscription includes a complimentary consultation with a registered dietitian. Plus, the plan preferences are great for those on special diets like keto or flexitarian.WHY WE LIKE IT: Testers and I both loved the variety of meals offered by Factor, as well as the portion sizes and the simplicity of heating. Meals were delivered in great condition and ingredients tasted fresh. For those on low-carb and keto diets, the amount of compliant options on the menu was a welcome change from other services that have limited offerings. Plus, the meals were tasty, satisfying and creative, like the Spicy Southwestern-Style Turkey & Mac and the Stroganoff-Style Beef Burger. But take note that many of the keto meals are very high in fat. You can cancel or unsubscribe in your settings. Factor not only makes healthier eating easy but the rotating menu keeps these prepared meals far from boring.WHAT TESTERS SAID: "I've always been overwhelmed by which meal delivery service to choose, but I definitely will be ordering Factor for my husband and myself," one tester said. "I really appreciate the quality of the meals and how well-balanced they were." Testers also liked that the service has add-ons including shakes, smoothies, juices, snacks, proteins and desserts.The U.S. Department of Labor is investigating HelloFresh and hiring agency Midway Staffing over claims that migrant children were working at a Factor facility in Illinois. "We were deeply troubled to learn of the allegations made against a former temporary staffing agency, Midway Staffing," a HelloFresh spokesperson told Good Housekeeping. "As soon as we learned of these allegations, we immediately terminated the relationship. We have strict protocols in place to ensure all vendors follow our robust global ethics and compliance policies. We have zero tolerance for any form of child labor, and we have taken action to ensure no minors perform work in or have access to our facilities." RJ Parrilli, CEO of Midway Staffing, also told Good Housekeeping, "Midway Staffing continues to cooperate with the Department in its ongoing investigation. Midway Staffing denies that its actions or practices contributed to or caused any alleged child labor violations. Midway Staffing's business and legal compliance practices strive to follow all applicable laws and industry standards. " Home Food Delivery, New Menu Every MonthOnly $8.99 per mealNo Subscriptions.Free Shipping over $85Start building towards your goal today:Get Started Now!Free shipping on orders over $85Delivered straight to your doorCHOOSE YOUR MEALSYou pick your meals from our new menu every monthDELIVERED TO YOUWe plan, shop, cook, and deliver your healthy meals to you with Free Shipping on orders over $85HEAT AND EATOur fully-cooked meals just need to be warmed in the microwave before you enjoyClean Eatz Kitchen offers affordable, healthy frozen meals delivered to your door. Whether you're looking to lose weight, gain muscle, or simply save time in the kitchen, our chef-prepared meal plans—including High Protein, Gluten-Free, and Keto options—are designed to support your goals. No subscription required, and nationwide shipping is free over $85. View the full menuClean Eatz Kitchen is a community of people committed to living healthier, stronger, better lives—together. Whether you're chasing big weight loss goals or just want to stop spending hours in the kitchen, you're in the right place. Your journey is yours—but we'll walk it with you, one meal at a time. Did you know we have 100 Clean Eatz Cafes nationwide that have a healthy cafe, meal plans, smoothies and supplements? See if there's a local cafe near you!SEE OUR CAFESStart building towards your goal today:EXPLORE OUR MENUBUILD YOUR MEAL PLAN12,000 5-Star Reviews and Counting!Busy professionals, competitive athletes, and senior citizens all agree our meal prep is 5-stars Top Clean Eatz Questions Are Clean Eatz meals fresh or frozen? Meals are shipped frozen to lock in flavor and nutrition. Keep them in your freezer and heat in minutes. Shelf-stable snacks and supplements are also available. Do I need a subscription to order? No subscription is required—you order what you want, when you want. Many customers buy weekly or bi-weekly, but you're never locked in. Explore our Meal Plans and order as needed. What types of meals and snacks do you offer? From full meal plans to snacks, Clean Eatz Kitchen offers high-protein entrées, weight-loss focused plans, gluten-free options, pizzas, overnight oats, and more. Explore our Meal Plans and Snacks Collection. Can Clean Eatz help with weight loss or fitness goals? Yes—macro-balanced meals support specific goals. Choose lower-calorie options for weight management in our Weight Loss Meal Plan, or high-protein meals for muscle and performance in our High Protein Plan. Where do you deliver? We deliver nationwide to most addresses in the contiguous U.S. Meals ship in insulated packaging with tracking included. How much does shipping cost and how long does delivery take? Free shipping on orders $85+. Most deliveries arrive in 2–5 business days depending on location. Full details are available at checkout and on our Shipping FAQ. Grocery stores throw away 30% of their food, generating 16 billion pounds of food waste each year. In 2024, we had a food waste ratio of less than 1%.We ship exclusively via UPS's Ground Network, which has 1/10th the CO2 emissions of shipping via Air.We reduce, reuse, and recycle every product that we can. To find out more about the products we use and how you can help reduce our footprint, visit our Recycling and Sustainability page.Learn all about healthy eating, exercise and weight loss on our blog If your weekly routine consists of struggling with dinner recipes or feeling overwhelmed by meal prep times, you may want to consider exploring a meal delivery service. These services send either pre-made meals or perfectly portioned ingredients with step-by-step recipes directly to your door. It can decrease the amount of money you spend on groceries, make meal planning less stressful and help improve your cooking skills — all while catering to dietary needs like pescatarian or gluten-free, experts say.To determine the best one for you, I spoke to chefs, nutritionists and recipe developers about what to look for in a meal delivery service. I also highlighted NBC Select editor favorites that we've tested and reviewed, plus expert-recommended options.I consulted with our experts about which features to consider when shopping for meal kit delivery services. Here are the most important ones to remember:Serving size: Keep in mind how many people you're looking to feed, and make sure the service offers multiple servings (if you need). A single-serve pre-prepared meal is likely best if you're only feeding yourself. If you're feeding a family or partner, look for a customizable plan with multiple serving sizes (typically ranging from two to eight servings).Dietary restrictions: If you're gluten-free, vegetarian, vegan or follow any other specific type of diet, look for services that offer a variety of options to fit those dietary needs.Customizability: If you're a picky eater or get easily bored of eating the same meals, choose meal delivery services with a weekly rotating menu of several meal options, as well as customizable features like portion size and the amount and type of protein in each meal.Pricing: The price of meal kit delivery services is based on the quality of meals and ingredients, the frequency of your deliveries, how many people you're cooking for and the specific meal plan. Keep in mind that more budget-friendly services may not cater to all dietary restrictions or needs, while diet- and lifestyle-specific options typically cost more.Delivery dates and times: Consider your availability to receive your meals to ensure they don't go to waste. Most services will offer customizable delivery plans to choose what days you want to receive your kit. Most will also let you pause plans or skip weeks as needed.We've tested nearly a dozen meal delivery services, many of which are listed below. To pick the best ones, we looked at the following factors:Serving size: We considered how many people we're feeding, and whether the service accommodates multiple servings. For example, a few editors are feeding themselves plus a partner or families, while others are only cooking for one.Prep time: We looked at how long it took to cook or heat up meals, and whether it was worth it for a busy schedule (all of the services we recommend have easy-to-follow recipes and take less than an hour to make, or under 10 minutes to heat up). Price: We tried options across various price points, though most fall within the $10-$12 per meal range.Dietary restrictions: We tried services that catered to different diets, including gluten-free and pescatarian, and how that food actually tasted.Shipping and packaging: We considered how meals are packaged, how that packaging helps (or hinders) meal preparation and whether the shipping is quick, easy and painless.Want more from NBC Select? Sign up for our newsletter, The Selection, and shop smarter.Below, I included NBC Select staff-favorite services that we've tried and loved. The chefs and nutritionists I spoke to gave us their recommendations for the best meal kit delivery services to try across a variety of budgets, tastes and diets. I included both meal kit services (which send out individual ingredients) and pre-made meal services.Price is based on eight meals per week with new member discount applied.Type: prepared | Cost: starting at $11 per meal with free shipping | Serving size: single-serve | Number of meals: 4 to 16 meals per weekGreat for many dietary needsReusable packagingVaried plansCookUnity is a favorite among several members of our NBC Select staff. You can choose from multiple plans depending on how many meals you want to receive per week, with subscriptions ranging from four to 16 meals. The service provides a rotating menu of ready-made options each week, or you can let CookUnity pick them out for you based on your preferences (like your choice of protein) or any dietary restrictions like vegetarian, vegan, low-carb and gluten-free. You can also flag any allergies or foods you don't like, and the service will notify you if they appear in any meals on the menu.Our reviewers found CookUnity's pre-made meals to be varied, delicious and fit several dietary restrictions.Courtesy Zoe Malin"I started using CookUnity because I felt like I was spending so much money on groceries but still eating boring food everyday like sandwiches and salads," says former NBC Select social commerce editor Sadhana Daruvuri. "Now, I can enjoy a variety of delicious meals while still spending about the same amount I'd spent on groceries before."NBC Select SEO editor Nikki Brown is also a CookUnity fan and gets six meals delivered each week, so dinner is taken care of most days. "I'm sure there will be a time in my life when I am able to cook dinner every night but that's not the case right now — I've tried switching up how I shop, rearranging my kitchen and meal prepping, all in hopes of cutting down on how much I spend on takeout but nothing worked until I got CookUnity," she says. Brown loves browsing and picking her meals each week: "It feels like grocery shopping, except I don't have to push a cart or carry bags," she says.All CookUnity meals come packaged in a reusable bag that you can send back to the company to fill it back up. Courtesy Zoe MalinIt's also a favorite of NBC Select reporter Zoe Malin: "The convenience is unbeatable — the meals show up at my door at the beginning of the week, and knowing all I need to do to cook dinner is pull the wrapper off a meal and warm it up makes my evenings totally stress-free," she says. However, Malin notes there is some more prep work involved than other services she's tried. "I did have to take out some components of meals before I microwaved them, like a kale salad or coleslaw, which was a bit tricky and caused me to do more dishes — normally, I'd reheat and eat meals out of the same disposable containers they came in," she says.The meals also come in a small reusable bag that you can send back to the company instead of having to break down boxes every week. The meals come fresh and have a refrigerated shelf life of about four to seven days.Price is based on four meals per week for two people/servings with new member discount applied.Type: meal kit | Cost: starting at $10 per meal, with a minimum weekly order value of $51 (Home Chef Plan) or $83 (Family Plan) | Serving size: 2, 4 or 6 | Number of meals: 2 to 6 meals per weekCustomizableGreat for multi-servingsPersonalized menuLimited pre-made optionsCombined with meal kitsHome Chef's rotating weekly menu includes more than 30 meals to choose from. You can also select from a variety of menu options catered to your preferences, including 15-minute meal kits, grill- and oven-ready kits and special occasion meals. Before ordering, you'll be prompted to take a quiz that personalizes your menu based on your tastes, serving size and delivery preferences. When looking at individual menu options, each meal shows the estimated time it takes to make. The customizability makes this a standout service for our experts, who emphasize that you can easily choose the amount and type of protein in each meal. Ben Leonard, a chef and food educator with more than 15 years of experience, says the service is best for "families, kids or people with any dietary restrictions" due to its variety of meal selections and customizable features.Price is based on 10 meals per week with new member discount applied.Type: prepared | Cost: starting at $13 per serving with free shipping | Serving size: single-serve | Number of meals: 6 to 18 per weekChoices of 5 plansQuick and easyS

the page specified above.You will be notified of any Privacy Policy changes:•On our Privacy Policy PageCan change your personal information:•By emailing us•Otherspersonal accountHow does our site handle Do Not Track signals?We honor Do Not Track signals and Do Not Track, plant cookies, or use advertising when a Do Not Track (DNT) browser mechanism is in place.Does our site allow third-party behavioral tracking?It's also important to note that we do not allow third-party behavioral trackingCOPPA (Children Online Privacy Protection Act)When it comes to the collection of personal information from children under the age of 13 years old, the Children's Online Privacy Protection Act (COPPA) puts parents in control. The Federal Trade Commission, United States' consumer protection agency, enforces the COPPA Rule, which spells out what operators of websites and online services must do to protect children's privacy and safety online.We do not specifically market to children under the age of 13 years old.Fair Information PracticesThe Fair Information Practices Principles form the backbone of privacy law in the United States and the concepts they include have played a significant role in the development of data protection laws around the globe. Understanding the Fair Information Practice Principles and how they should be implemented is critical to comply with the various privacy laws that protect personal information.In order to be in line with Fair Information Practices we will take the following responsive action, should a data breach occur:We will notify you via email within 7 business daysWe also agree to the Individual Redress Principle which requires that individuals have the right to legally pursue enforceable rights against data collectors and processors who fail to adhere to the law. This principle requires not only that individuals have enforceable rights against data users, but also that individuals have recourse to courts or government agencies to investigate and/or prosecute non-compliance by data processors.CAN SPAM ActThe CAN-SPAM Act is a law that sets the rules for commercial email, establishes requirements for commercial messages, gives recipients the right to have emails stopped from being sent to them, and spells out tough penalties for violations.We collect your email address in order to:•Send information, respond to inquiries, and/or other requests or questions•Process orders and to send information and updates pertaining to orders.•Send you additional information related to your product and/or service•Market to our mailing list or continue to send emails to our clients after the original transaction has occurred.To be in accordance with CANSPAM, we agree to the following:•Not use false or misleading subjects or email addresses.•Identify the message as an advertisement in some reasonable way.•Include the physical address of our business or site headquarters.•Monitor third-party email marketing services for compliance, if one is used.•Honor opt-out/unsubscribe requests quickly.•Allow users to unsubscribe by using the link at the bottom of each email.If at any time you would like to unsubscribe from receiving future emails, you can email us at•Follow the instructions at the bottom of each email.and we will promptly remove you fromALLcorrespondence.Contacting UsIf there are any questions regarding this privacy policy, you may contact us using the information below.mealprepsundaysandiego.com2381 La Mirada Dr. Vista, CA 92081, United state of Americainfo@mealprepsundaysandiego.comPhone: +1 (888) 632-5918Text: +1 (888) 782-0107