



Time-Saving Meal Prep

Buying groceries, prepping meals and actually finding time to sit down and enjoy a meal can seem impossible. Luckily, there are several services that can help!

Best Healthy Recipe Resources

Cooking Light cookinglight.com

Thousands of Cooking Light magazine recipes for healthy appetizers, weeknight dinners, and light desserts.

Skinny Taste skinnytaste.com

Learn how to prepare delicious, light, fresh meals your whole family will love!

Eating Well eatingwell.com

Healthy, delicious recipes and menu ideas from our test kitchen and nutrition experts at EatingWell magazine.

Peanut Butter & Fitness peanutbutterandfitness.com

Tons of weekly meal prep recipes designed to prepare once a week and eat on the go.

Community Supported Agriculture (CSA) Delivery

Best for those interested in fresh, local food and open to trying new things. CSAs are a great opportunity to step out of your comfort zone when cooking with different fruit and vegetables (star fruit anyone?).

Hungry Harvest hungryharvest.net

A farm to doorstep produce delivery service on a mission to end food waste & hunger. Every delivery rescues at least 10 lbs of fruits & veggies from going to waste, supports local hunger-solving efforts & costs 20-40% less than grocery!

Cost: ranges from \$15-\$50 depending on size of box
Delivery: Delivery is free for orders over \$29.99. A \$1.99 delivery fee may be incurred for smaller orders. Exact delivery times are not guaranteed.

Grocery Delivery Services

Avoid the long lines and crowds by ordering your groceries online, 24/7! Many services provide pickup or delivery for low cost. Grocery delivery is a great option for busy people who don't mind cooking (with leftovers).

Walmart grocery.walmart.com

Cost: free

Pickup: in store

Minimum Order: none

Order online and pick up in store.

Safeway shop.safeway.com

Cost: free for first delivery order over \$30.

Pickup: in store within 2 hours of scheduled time

Home Delivery: \$9.95 on purchases more than \$150, \$12.95 for purchases less than \$150 (may have additional gas fees)

Minimum Order: \$30

Select groceries online and then pick them up or have them delivered to your doorstep that day or a day of your choosing.

Amazon Fresh Amazon.com/AmazonFresh

Home Delivery Cost: free for orders over \$50, \$9.99 for orders under \$50

Choose between attended or doorstep delivery.

Giant/Peapod peapod.com

Cost: free delivery for first 60 days (limited time)

Pickup Cost: \$2.95

Home Delivery Cost: \$9.95 on purchases between \$60-\$70, \$8.95 for purchases between \$75-\$100, and \$7.95 for purchases over \$100

Minimum Order: \$60 for pickup or delivery

Shop online from anywhere and schedule a home delivery time for the next day or up to two weeks out!

Ready-to-Prepare Meal Delivery

Delivers just enough ingredients for the provided recipes each week. Great for those who want to learn how to cook without going to the grocery store or overbuying specialty ingredients.

Hello Fresh hellofresh.com

Cost: \$8.74/serving (family plan) to \$9.99/serving (classic plan)

Shipping: free

Serves: 2-4 people, 2-4 meals per week

Choose from a variety of step-by-step recipes and ingredients per week, delivered to your home. Regular deliveries can be scheduled or one box can be ordered at a time.

Home Chef homechef.com

Cost: \$9.95/serving; smoothie/fruit baskets are \$4.95 each

Shipping: free at \$45 minimum weekly order

Serves: 2-6 people, 2-6 meals per week

Choose from 11 different recipes by noon on Friday the week before delivery. Ingredients and recipes are then sent to your doorstep.

Plated plated.com

Cost: \$9.95/serving (3-4 servings per night) to \$11.95 (2 servings per night)

Shipping: free on weekly plans over \$60

Serves: 2-4 people, 2-4 times per week

20 weekly recipe options with dessert included.

Vegetarian options available. Recipes range from 20-60 minute prep time.

Blue Apron blueapron.com

Cost: \$8.99-\$9.99/serving (family plan) to \$10.99/serving (two-person plan)

Shipping: free for all plans EXCEPT the 2 serving/2 recipes per week option (\$7.99 for shipping in this case)

Serves: 2-4 people, 2-4 meals per week

Easy-to-follow recipes and pre-portioned ingredients are delivered to your door. Typically, memberships are purchased for continuous delivery.

Sun Basket try.sunbasket.com

Cost: \$10.99/serving (family plan) to \$11.99/serving (classic "more choices" plan)

Shipping: \$5.99 after the first week

Serves: 2-4 people, 2-4 meals per week

There are 8 meal plans including Paleo and Mediterranean. All food is organic and sustainably sourced.

Hungry Root hungryroot.com

Cost: \$69.00 for 3 meals and 4 sides/snacks, \$79.00 for 5 meals and 5 sides/snacks

Shipping: free for ground shipping, \$10 for air shipping

Serves: 1-2 servings per meal

All products are vegan and gluten free. All products are cooking in under 10 minutes, ideally on a stove top or baked.

Ready-to-Eat Meal Delivery

Provides fully prepared meals in microwavable containers, straight to your doorstep! Best for very busy people, meal-skippers, and those who do not like to cook or grocery shop.

Territory Territoryfoods.com

Cost: \$9.95/meal (light eaters), \$12.95/meal (standard), \$15.95/meal (XL size)

Pickup: free (typically at gyms in the area)

Home Delivery: \$7.95 per order, per delivery

Pre-prepared meals delivered to your doorstep or picked up at a local site on Mondays and/or Thursdays. Several different diet plans like low-carb, Mediterranean, and more. Orders must be placed by 11:59 PT on Thursday for meals the following week.

Metabolic Meals mymetabolicmeals.com

Cost: starts at \$10.25 per meal for 6-28 meals a week.

Chef's choices option provides 3, 5, or 7 days of meals per week starting at \$25.42 per day.

Pickup: not available

Home Delivery: \$19.95

Minimum Order: 6 meals

All meals are organic and gluten/soy free, with options to filter out additional allergens. Delivery on Thursday, Friday, and Saturday.

