



Meal-Kit Delivery Subscriptions

If you enjoy cooking, but don't want to do grocery shopping or planning, you may find that a meal-kit delivery subscription works well. You select the meals you'd like to prepare and the service delivers *all* the ingredients you need, plus a recipe. Most have a two-serving minimum (but if you're single, that gives you two dinners!). Most allow you to suspend or cancel your service within a reasonable deadline, and some also offer a no-prep option with a fresh meal that only needs heating up (no chopping!).



Hello Fresh — This service is considered the most popular in the country. The website provides not only plans for meat-eaters and for vegetarians, but also “pescatarians” (people who only eat fish, as opposed to meat). The weekly cost is roughly \$70 for three meals for two people (or six servings), including delivery.

hellofresh.com



Home Chef — This service offers 25+ meal options each week to choose from (at about \$11/serving with a two-serving minimum). Home Chef frequently allows you to customize within a menu, such as substituting chicken for beef — or other substitutions. You can also try their “Fresh&Easy” service which comes with everything pre-chopped and ready to put in the oven.

homechef.com



Dinnerly — This program provides ready-to-make, inexpensive meals that feature very easy prep and familiar flavors. At only \$6/serving (plus flat-fee delivery), it's a great option for the budget-minded with traditional tastes.

Dinnerly.com



Every Plate — High flavor and low prices characterize this service. Featuring 17+ American or international dinners each week, this subscription averages about \$5 per serving, plus delivery.

everyplate.com



Blue Apron — The first provider to popularize the concept of gourmet meal kits, Blue Apron emphasizes sustainable crops and direct relationships with its farmers. Its weekly cost is \$75 for three meals for two people (or six servings). Many customers find it's well worth it.

blueapron.com



Gobble — These 15-minute meal kits take nearly all the work out of cooking by providing pre-prepped ingredients (chopped, sliced, ground, etc.) — so all you have to do is cook. The price is a bit higher than others, at \$80 per week for three meals for two people . . . but if quick cooking is important to you, it may be a good investment.

gobble.com



Purple Carrot — This plant-based meal service specializes in interesting, flavorful menus. With creative sauces, herbs, and unexpected combinations, Purple Carrot meal kits are focused on vegan and vegetarian customers. At \$88/week (includes delivery) for three meals for two people, it's on the expensive side, but if you love imaginative veggie cuisine, it might be right for you.

purplecarrot.com

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