



Ready-to-Eat Meal Delivery Subscriptions

For those times when you don't want to cook, there's nothing like a ready-to-heat-up complete meal. Enjoy exploring this list of fresh, ready-to-eat meal delivery services, selected for their moderate prices, low delivery costs (when ordering in quantity), and variety. They are presented in order from modest-budget providers to more gourmet purveyors. (Be sure to check current pricing). Note: Many sites contain nutritional and other medically-oriented health information.



Mom's Meals (877-508-6667) — Dedicated to delivering refrigerated meals to your home, this service offers meals for as low as \$7.99. There is a delivery charge of \$15, but you can order between 10 and 21 meals at a time with only one delivery charge. Many healthcare plans will pay the delivery charge — Mom's Meals can help you figure out if you're eligible. The service also has a free-meals program, which is dependent on whether one is using Medicare to cover the costs of treatment for a physical challenge.

my.momsmeals.com



Meal Pro (844-463-2577) — This service has many complete meals for \$10-\$15 — but many of the high-priced entrees are large servings, between 14-16 oz. It's a particularly great option for the western half of the U.S., where delivery cost is minimal when you order 20 meals at a time (and could freeze many of them).

mealpro.net



Heart to Home Meals (508-658-3000) — GREATER BOSTON area and Cape Cod only. This local company provides a choice of more than 160 homemade meals, generally ranging from \$8 - \$11. Deliveries are free and brought to customers at least once a week by company drivers. There's no minimum order.

[Heart to Home](http://HearttoHome.com)

SCHWAN'S

HOME DELIVERY

Schwan's (888-724-9267) — Frozen meats, sides, and full meals delivered to your door. Prices are moderate, and especially good value can be found by ordering in quantity. For instance, order six cooked chicken breast fillets for about \$17 and dine on them whenever you wish!

schwans.com

SILVERCUISINE

Silver Cuisine (844-404-3663) — This is the “senior” division of Balance by BistroMD. It features complete fresh meals running from \$10 - \$14. The best value is to order at least \$99 worth of meals at a time and then the shipping is free. (Note: If you're an AARP member, you receive a discount on orders over \$99.)

silvercuisine.com

Freshology

POWERED BY DIET-TO-GO

Freshology (800-743-7546) — This organization stresses their balanced meals, weight loss, and interesting, chef-prepared entrees. Enter your zip code to find out if this service delivers in your area. If yes, this service provides plans for 10 – 20 meals a week at about \$13 each with a flat-fee delivery of \$20.

freshology.com



Magic Kitchen (877-516-2442) — This service provides both complete meals or *a la carte* choices. The *a la carte* choices are gourmet in style and price, often packaged with two servings. The complete meals run \$10 - \$14). Shipping from this Kansas City-based service starts at \$19 and goes up by weight and distance. The best shipping option to put in an order for at least \$125 once a month — in that case, your shipping is free. Seniors can ask for \$10 off any order over \$80.

magickitchen.com