



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)

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 (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