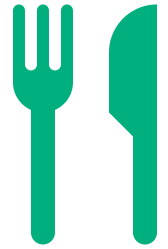




# MEAL AND INGREDIENT DELIVERY OPTIONS AND MORE



For use in Rochester/Midwest

## Fresh Meal Delivery Programs

### Fresh N Lean | IO Nutrition

[www.freshnlean.com](http://www.freshnlean.com) | [hello@freshnlean.com](mailto:hello@freshnlean.com) | 1-888-420-4080  
\$9.33–\$17.76 per meal. Free shipping. Organic, freshly made meals delivered to your doorstep. Protein+, paleo, plant-based, low carb/low calorie options available.

### Freshly

[www.freshly.com](http://www.freshly.com) | 1-844-373-7459  
\$8.99–\$12.50 per meal; 4, 6, 9 and 12 meal/week plans. Shipping \$9.99–\$11.99 + tax. Ready to serve fresh meals delivered to your door.

### Metabolic Meals

[www.mymetabolicmeals.com](http://www.mymetabolicmeals.com) | 1-855-355-MEAL  
\$10.65–\$17.40+ per meal. Meals prepared using organic ingredients; gluten and soy-free. Family plan available. Free shipping for some plans.

### Savor Health (comprehensive cancer nutrition solutions)

[www.savorhealth.com](http://www.savorhealth.com) | [info@savorhealth.com](mailto:info@savorhealth.com) | 1-888-721-1041  
\$23+ per meal; prices vary based on 3, 5 or 7 day meal delivery plans. Custom meal delivery with Registered Dietitian support.

## Meal Pick-Up Programs

### Eat Fit Go (Iowa, Nebraska, South Dakota, Kansas, Missouri)

[www.eatfitgo.com](http://www.eatfitgo.com)  
\$8–\$11/meal + shipping. Convenient ready-to-eat meals and snacks made fresh every day.

### Healthy for Life Meals (Minnesota, Iowa, Wisconsin, North Dakota, South Dakota, Illinois)

[www.healthyforlifemeals.com](http://www.healthyforlifemeals.com) | 1-855-500-4476  
Healthy, fresh meals you can either pick up or have delivered. \$8–\$10.50/meal + shipping, set menus (9, 12 or 21 meals/week) with allowing a substitution of up to 6 meals/week.

## Ingredient/Recipe Delivery Programs – You Prepare The Meals

### Blue Apron

[www.blueapron.com](http://www.blueapron.com) | 646-891-4349 or 1-888-278-4349  
Cost varies per plan (vegetarian and family plans available). Weekly fresh ingredients and recipes to your doorstep. Free shipping.

### Hello Fresh

[www.hellofresh.com](http://www.hellofresh.com) | 1-800-733-2414  
\$7.99–\$11.99 per meal (classic, vegetarian and family plans). Weekly fresh ingredients and recipes to your doorstep. Shipping cost varies based on plan.

### Green Chef (Certified Organic Produce; based in Denver, CO)

[www.greenchef.com](http://www.greenchef.com) | 1-888-236-7295  
\$11.99–\$13.49 per meal. Various meal plans including paleo, vegetarian, omnivore, vegan, carnivore and more. Weekly delivery; family plan available. Shipping fees may apply.

### Home Chef

[www.homechef.com](http://www.homechef.com) | 1-872-225-2433  
Variety of meal plans offered including gourmet meals. Free shipping for orders \$45+.

### Plated

[www.plated.com](http://www.plated.com) | 855-525-2399  
From 20-minute quick prep recipes to full culinary adventures in under an hour. Prices per meal range from \$9.95 and up. Free shipping for plans \$60+.

### Purple Carrot

[www.purplecarrot.com](http://www.purplecarrot.com) | 1-857-703-8188  
Plant based meal options for prepared meals or ingredients to prepare your own meal. \$11–\$13 per serving + shipping (orders \$85+ free shipping).

## Restaurant Delivery Programs

### Doordash

[www.doordash.com](http://www.doordash.com)  
Home delivery of restaurant food by participating restaurants in your area. Get breakfast, lunch, dinner and more delivered from your favorite restaurants right to your doorstep.

### Seamless

[www.seamless.com](http://www.seamless.com)  
Order delivery from local restaurants in 900+ cities across the U.S. and London. Delivery fees vary.

### Grubhub

[www.grubhub.com](http://www.grubhub.com)  
Meal delivery from more than 95,000 takeout restaurants in over 1,700 U.S. cities and London. Service by zip code; minimal delivery fees applies.

### Waiter Express (Rochester, MN)

[www.waiterexpress.net](http://www.waiterexpress.net) | 507-288-8883  
Arranges delivery from local restaurants for a fee.

## Grocery Delivery Programs

### Aldi

<https://shop.aldi.us>

Online grocery shopping and delivery.

### Amazon Fresh

[www.amazon.com/AmazonFresh](http://www.amazon.com/AmazonFresh)

Amazon Prime Fresh and Amazon Fresh Programs home grocery delivery; service fee varies by program.

### Cub Foods

[www.cub.com](http://www.cub.com)

Online grocery shopping and delivery.

### Instacart Grocery Delivery

[www.instacart.com](http://www.instacart.com)

Instacart delivers groceries from local stores in as little as one hour. Same prices as in store. Choose your delivery time.

### HyVee (Midwestern States)

[www.hy-vee.com](http://www.hy-vee.com)

Online grocery shopping and delivery.

### Shipt

[www.shipt.com](http://www.shipt.com) | 205-502-2500

Yearly or month to month memberships. Free delivery on orders over \$35 for members. Same day delivery.

### Walmart

[www.walmart.com/grocery](http://www.walmart.com/grocery)

Reserve a time for pick up. No additional fees.

## Frozen Meal Options

### Balance by BistroMD

[www.balance.bistromd.com](http://www.balance.bistromd.com)

\$5.99–\$13.99 per meal. Heart-healthy, diabetic, low sodium and gluten-free options available. Shipping fee of \$19.95.

### Blossom Foods

[www.blossomfoods.com](http://www.blossomfoods.com)

\$11.25 per meal, including shipping. Pureed texture meals. Vegan, low-sodium, renal, and allergen-free meals available. Fresh ingredients and seasonal items.

### Mom's Meals

[www.momsmeals.com](http://www.momsmeals.com)

\$6.99–\$7.99 per meal. Variety of options include general wellness, renal, pureed, gluten-free, dairy-free, low carb, vegetarian and low sodium. Shipping fee of \$14.95.

## Meal Prep/Assembly Kitchen

### Dream Dinners

[www.dreamdinners.com](http://www.dreamdinners.com)

Select meals online. Dream Dinners will do the shopping, prep-work and clean up. You assemble meals at store location and freeze at home. Create a month's worth of meals in an hour.