



Meal and Ingredient Delivery Options and More.

For use in Rochester/Midwest

FRESH MEAL DELIVERY PROGRAMS

Fresh N Lean | IO Nutrition

freshnlean.com | 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.

Metabolic Meals

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)

savorhealth.com | 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)

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)

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

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

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)

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

homechef.com | 1-872-225-2433

Variety of meal plans offered including gourmet meals. Free shipping for orders \$45+.

Purple Carrot

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

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

seamless.com

Order delivery from local restaurants in 900+ cities across the U.S. and London. Delivery fees vary.

Grubhub

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)

waiterexpress.net | 507-288-8883

Arranges delivery from local restaurants for a fee.

GROCERY DELIVERY PROGRAMS

Aldi

shop.aldi.us

Online grocery shopping and delivery.

Amazon Fresh

amazon.com/AmazonFresh

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

Cub Foods

cub.com

Online grocery shopping and delivery.

Instacart Grocery Delivery

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)

hy-vee.com

Online grocery shopping and delivery.

Shipt

shipt.com | 205-502-2500

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

Walmart

walmart.com/grocery

Reserve a time for pick up. No additional fees.

FROZEN MEAL OPTIONS

Balance by BistroMD

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

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

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

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.