

Meal Delivery Service	Sales Pitch	Prep & Cooking Time	Customize	Alternative Dietary Options	Serving Sizes	Pricing (check website for updates)	Gift Cards	Website
Blue Apron	No Commitment, Personalize Meals and Convenient Delivery	Average 20-40 min	Yes	Vegetarian, Weight Watchers	2 & 4	\$9-10	Yes	www.blueapron.com
Every Plate	Delicious meals at a price everyone can enjoy	Approx. 30 min	Yes	None	2 & 4	Less than \$5 per serving	No	www.everyplate.com
Freshly	Pre-Cooked Fresh, Healthy & Convenient meals	No Cooking Just heat up	No	Gluten Free	Single servings (4, 6, 9 or 12 meals per week)	\$9-\$12.50 per serving	Yes	www.freshly.com
Gobble	Their chefs do all of the prep work to make cooking fast and easy. Also offer lunch	Approx. 15 min	Yes	Vegetarian (can withhold ingredients from meals to customize to diet)	2 & 4	\$12.00 per serving	Yes	www..com
Green Chef	Affordable, nourishing meals (Organic & Non-GMO)	Approx. 30 min	Yes	Keto, Paleo, Vegetarian, Vegan, Pescatarian, Gluten-Free	2 & 4	\$10 - \$11 per serving	No (Can Gift Meals)	www.greenchef.com
Hello Fresh	More choices, quicker recipes & healthier meals	Less than 30 min	Yes	Low Calorie & Vegetarian	2 & 4	\$8 - \$9 per serving	Yes	www.hellofresh.com
Home Chef	Flexible, Variety & Value	Less than 30 min	Yes	Pescatarian & Vegetarian, Low-Calorie & Carb-Conscious	2 & 4	\$8 per serving	Yes	www.homechef.com
Marley Spoon (Martha Stewart's Brand)	Fresh, pre-portioned ingredients	30-40 minutes	Yes	Vegetarian & Vegan	2 & 4	\$8 - \$12	No (Can Gift Meals)	www.marleyspoon.com
Plated	Globally-inspired meals, including desserts	Average 35 min	Yes	Vegetarian, low Carb, Low Calorie and Gluten Free	2, 3 & 4	\$10-12 per serving	Yes	www..com
Snap Kitchen	No Cooking Required (Pick up also available; offer breakfast, lunch, snacks and dinner)	No cooking Just heat up	Yes	Keto, Paleo, Vegetarian, Pescatarian, Gluten-Free, Whole30, High Protein	Single servings	From \$5.99	Yes	www.snapkitchen.com
Sun Basket	Eat clean, feel great.	Approx. 30 min	Yes	Paleo, Vegan, Carb-Conscious, Gluten-Free, Organic, Vegetarian, Pescatarian, Diabetes	2 & 4	\$70 - \$90	Yes	www.sunbasket.com