

Meal Delivery Programs

Home delivery services can help you maintain a healthy, balanced lifestyle and lose weight while enjoying convenient gourmet quality food.
Review the options with your dietitian to see which plan best fits your goals.

Service	Website	Phone Number	Description
Freshly Prepared Meals (meals are packaged and purchased at a store front)			
KitchFix	https://www.kitchfix.com/		<ul style="list-style-type: none"> • Meal delivery or pick up: Chicago, burbs • Store Front: 1731 W Grand Avenue • Variable meal sizes (300-700 cal) • Cost: \$9-17.00/meal • Kitchen is gluten, dairy and soy free
Personal Chefs In Chicago	<ol style="list-style-type: none"> 1. Katie Simmons- http://chefkatiesimmons.com/personalchef-menu/ chefkatiesimmons@outlook.com 2. Friend that cooks (Christina) chicagochefs@friendthatcooks.com 3. Fresh from Your Kitchen (Leslie) Phone: 847-393-7451 Email: leslie@freshfromyourkitchen.com 4. Stephanie Jensen- La Cuisine. http://lacuisinepcs.com/index.html 5. Personal Chef: Tara Schneider Www.dinnertonightbytara.com (630) 487-8343 6. Lasharee Roberts cheflacooks@gmail.com (Southside Chicago) 		<ul style="list-style-type: none"> • Cost: Depends on service, average is \$150/week • Delivers to your house • Premade meals, no prep necessary
Healthier Takeout Alternatives (order by the meal)			
Eat Purely no cooking	www.eatpurely.com	Must use phone app to order	<ul style="list-style-type: none"> • Food: the menu changes daily • Supporting organic and locally farmed produce, pastured raised eggs, hormone/antibiotic-free beef • Cost: \$9-13 per serving

			<ul style="list-style-type: none"> • DISCOUNT code PURELY20 - \$20 off first order • Notes: MAY NEED TO REHEAT FOOD; check nutrition label for calorie content • Delivery Zone: most of downtown/loop Chicago/ Plans to expand.
Healthier Meal Prep Delivery			
Meez Meals Food prep done; cooking/assembly required	www.meezmeal.com		<ul style="list-style-type: none"> • Philosophy: DIY meal kits using seasonal ingredients, reusable delivery bags/composting • Can request dietary modifications (Gluten-free, Vegan, keep out a specific food • Calorie content varies; some entrees contain > 700-800 calories • Cost: \$12-15 (no delivery fee or weekly commitment)
Sun Basket	https://sunbasket.com/menu		<ul style="list-style-type: none"> • Paleo, Clean, Gluten Free, Vegetarian • Cost: \$11/12/ serving
Green Chef	https://greenchef.com/menus/main		<ul style="list-style-type: none"> • Vegetarian, Vegan, Paleo options • Cost: \$11/meal
Hello Fresh	www.hellofresh.com		<ul style="list-style-type: none"> • Philosophy: Pick a plan depending on your dietary preferences, schedule and household size. The chef's do all the prep work, so you can cook from scratch without the hassle. • Calorie content varies; some entrees contain > 700-800 calories • Cost: \$9-12 (no delivery fee or weekly commitment)
Grocery Delivery Services			
Instacart	www.instacart.com		<ul style="list-style-type: none"> • Grocery delivery service only; \$10 minimum order required • Delivery fee varies; 10% tip automatically charged unless changed by consumer
Peapod®	www.peapod.com	1-800-5-PEAPOD	<ul style="list-style-type: none"> • Grocery delivery service only • Delivery fee varies: \$7.00-10.00

			<ul style="list-style-type: none"> • Nutrifilter: can choose dairy-free, gluten-free, low-sodium, low-fat, high-fiber & weight watcher
Amazon Pantry or Amazon Fresh	www.amazon.com		<ul style="list-style-type: none"> • Grocery delivery service available to Amazon Prime members in select cities • Cost: 30 day free trial; then 14.99 monthly in addition to Amazon Prime Cost • Delivery charge of \$9.99 for orders under \$50.00
Imperfect Produce	www.imperfectproduce.com		<ul style="list-style-type: none"> • Weekly fruit and vegetable delivery service offering “imperfect” produce at 30-50% off stores prices • Can customize box based on preferences • Cost: \$11-43/week (depending on size of box, higher cost for organic produce); \$2.99-4.99 delivery fee
Weekly Meal Service (requires weekly commitment/multiple meal purchased at once)			
Hungry Root	www.hungryroot.com		<ul style="list-style-type: none"> • Philosophy: Vegan, gluten, dairy free foods • Weekly meal delivery offering different customizable meal/snack options • 200-500 calories/meal • Cost: \$59.00-79.00/week; Offers free shipping
Freshly	https://www.freshly.com/		<ul style="list-style-type: none"> • Weekly meal delivery, meals delivered fresh not frozen • Gluten-free, peanut-free (facility as well), variety of dietary preferences • 400-600 calories/meal • Cost: \$49.99-107.99/week, free shipping
Bistro MD®	www.bistromd.com	1-866-401-DIET	<ul style="list-style-type: none"> • Cost: \$179.95 per week depending on 5 or 7 day plan with or without snacks (plus shipping \$25.00) • Provides an 1,200 calorie average per day • Access to dietitian via phone or e-mail for questions or concerns
Diet to Go®	www.diettogo.com	1-800-743-SLIM	<ul style="list-style-type: none"> • Cost: \$120-179.99 per week depending on type of plan, number of meals per day, number of

			<p>days per week and number of weeks ordered at one time (plus shipping 19.98).</p> <ul style="list-style-type: none"> Plans offered: balanced, diabetic, or vegetarian at 1,200 or 1,600 calories/day.
Health Management Resources® (HMR)	www.hmrprogram.com	1-800-418-1367	<ul style="list-style-type: none"> Cost: \$199 per 3 weeks initially. \$180 every 2 weeks thereafter. Two options that provide 1200-1600 calories: healthy solutions and healthy shakes. Optional weekly GROUP telephone session with health educator is included in cost
Medifast®	www.medifast1.com	1-800-209-0878	<ul style="list-style-type: none"> Cost: \$16.00/day or \$315/month Four options: 5 and 1 plan for men or women (1,000 for 2 weeks up to 1,300 calories by week 6), Medifast plus for diabetics (800-1,000 calories for 2 weeks, up to,1,550 by week 6), Medifast for teens (1,600 calories for girls and 1,800 calories for boys) and Medifast for seniors (1,000-1,200 calories OR 1,300-1,500 calories).
NutriSystem®	www.nutrisystem.com	1-800-435-4074	<ul style="list-style-type: none"> Cost: \$274-375 per 28 days depending on man or women plan and single order versus auto shipment. 5 options for men and women: Basic, Core, Uniquely Yours, Diabetic, Vegetarian. 1,250 calories for female, 1,500 cal for male plans.
Seattle Sutton®	www.seattlesutton.com	1-800-442-DIET	<ul style="list-style-type: none"> Cost: \$146-168 per week depending on calorie level (+ \$22/wk for delivery). Half week options (9-15 meals) \$73-118 per week depending on calorie level and number of meals. Three plans: 1,200, 1,500 (veg. only) or 2,000