



# EASY AND ON THE GO MEAL OPTIONS

It's hard to beat a home cooked meal, but that's not always an option for some of us. Luckily, a lack of time or culinary skills doesn't mean you have to throw healthy eating out the window! We have compiled just a few of the options available to you for quick, nutritious meals.

\*Note: This is a standard handout. Not all listed options will meet your dietary needs. Please refer to the specific recommendations given to you when choosing your meals.

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## No Effort

These meal options come to you fully cooked and ready to eat. We've found the companies that are known for their quality ingredient sourcing and tasty menus.

- Freshly – [www.freshly.com](http://www.freshly.com)
  - Fresh, not frozen, fully prepared meals delivered to your door. Just heat and serve.
  - All meals are gluten free however they may be some meals that do not meet your meal plan requirements which will reduce your weekly options.
  - Breakfast, lunch and dinner options.
  - Price range: \$8.99 - \$12.50 per meal
- Fresh n' Lean – [www.freshnlean.com](http://www.freshnlean.com)
  - Fresh, not frozen, fully prepared meals delivered to your door. Just heat and serve.
  - All meals in the "ION Performance" plans are gluten and dairy free.
  - All "ION" meals contain wild fish, all natural poultry, grass fed beef and organic vegetables.
  - Breakfast, lunch and dinner options.
  - Price range: \$12.25 - \$12.69 per meal
- The Good Kitchen – [www.thegoodkitchen.com](http://www.thegoodkitchen.com)
  - Fresh, not frozen, fully prepared meals delivered to your door. Just heat and serve.
  - All meals with the "Paleo" and "Whole30" designations will be gluten and dairy free.
  - Sustainably sourced ingredients. Wild fish, all natural poultry, grass fed beef and organic vegetables.
  - Lunch and dinner options.
  - Price range: \$11.00 - \$13.00 per meal
  - Optional "bulk" ordering to stock your freezer with a variety of meals.
- Trifecta – [www.trifectanutrition.com](http://www.trifectanutrition.com)
  - Fresh, not frozen, fully prepared meals delivered to your door. Just heat and serve.
  - All meals are gluten and dairy free with Paleo diet options
  - Sustainably sourced ingredients, 100% organic and low carbon footprint.
  - Breakfast, lunch, dinner and "3<sup>rd</sup> entre" options.
  - Price range: \$13.70 - \$21.60 per meal
- True Fare – [www.shop.truefare.com](http://www.shop.truefare.com)
  - Frozen, fully prepared meals delivered to your door.
  - Chef created.

- All meals are gluten and dairy free with Paleo (Whole30) Keto and AIP options.
- Sustainably sourced ingredients, 100% organic and low carbon footprint.
- Breakfast, lunch and dinner options.
- Price range: \$9.95 - \$17.95 per meal
- Caveman Chefs – [www.cavemanchefs.com](http://www.cavemanchefs.com)
  - Fresh or frozen meals delivered to your door.
  - Easily select from Paleo, Whole30, Keto, SIBO/Fodmap and AIP options.
  - Sustainably sourced ingredients. Wild fish, all natural poultry, grass fed beef. Organic produce sourced locally and seasonally when available.
  - Lunch and dinner options.
  - Price range: \$13.75 per meal

## Minimal Effort

These meal options take as little as 30 minutes to prepare and may be cheaper than the fully prepared options.

- Green Chef – [www.greenchef.com](http://www.greenchef.com)
  - Pre measured and prepped ingredients with premade sauces, marinades and spice blends allow your meal to be ready in under 30 minutes.
  - Select the “Paleo” meal plan option to ensure gluten and dairy free recipes. Because you are preparing the meal, omitting some ingredients may make meals from other meal plans an option.
  - Chef and dietician approved meals.
  - No pesticides, GMOs, antibiotics or hormones in any of their ingredients.
  - Lunch and dinner options.
  - Price range: \$10.99 - \$11.99 per meal
- Sun Basket – [www.sunbasket.com](http://www.sunbasket.com)
  - Pre measured and prepped ingredients with premade sauces, marinades and spice blends allow your meal to be ready in as little as 20 minutes.
  - Select the “Paleo” or “Lean & Clean” meal plan option to ensure gluten and dairy free recipes. Because you are preparing the meal, omitting some ingredients may make meals from other meal plans an option.
  - Chef and dietician approved meals.
  - Sustainable ingredients with no pesticides, GMOs, antibiotics or hormones in any of their ingredients. Produce sourced seasonally when available.
  - Lunch and dinner options.
  - Price range: \$10.99 - \$11.99 per meal
- Daily Harvest – [www.daily-harvest.com](http://www.daily-harvest.com)
  - Innovative frozen meals in a cup. Either soak, blend or heat then eat! Great for on the go.
  - Choose from smoothies, harvest bowls, soups, lattes, overnight oats or chia parfaits.
  - All options are gluten and dairy free.
  - Organic superfoods with plenty of phytonutrients.
  - Breakfast, lunch and dinner options.
  - Price range: \$6.99- \$7.99 per meal