**Home Delivery Meals**

1. **Munchery**
	1. **munchery.com**
	2. Fresh made meals. *Arrives chilled so it all stays fresh. Plus, you get to heat or cook it on your schedule*
	3. *Munchery delivers meals designed and prepared by talented San Francisco chefs to your door. Finally, convenient home dinners that taste amazing and are good for you too. Easy on the pocketbook, and completely hassle-free - now that's some good eatin'*
2. **Magic Kitchen**
	1. [http://www.magickitchen.com/](https://webmail.stanfordmed.org/owa/redir.aspx?C=w7XfQT5WVUW1in6F0hWxpOzJI6sMXNAIi8Y5O3DPuk2Ur1M1Vzm1fFNqkHZdQftMBgv6ERVQljo.&URL=http%3a%2f%2fwww.magickitchen.com%2f)
	2. *Healthy, chef-prepared meals are created using top-quality fresh produce and ingredients to ensure you receive delicious, nutritious meals that are quick to prepare. The meals arrive on your doorstep frozen. All you have to do is defrost, heat and serve!*
	3. *Option for: low sodium, renal, dialysis friendly, carbohydrate controlled*
3. **Gobble**
	1. [**gobble.com/**](https://gobble.com/)
	2. *Your weekly Gobble delivery will include a total of three dinner kits, each with 2 or 4 meals.**Your delivery will arrive in a secure refrigerated box between 8AM - 8PM on your selected delivery day. You can adjust your meals and your serving quantities online. You will also receive a detailed recipe card with crystal clear instructions to help guide you while cooking up your exquisite dinners.*
4. **Blue Apron**
	1. **https://www.blueapron.com/**
	2. Meals are 500-700 calories
	3. Pre-portioned, fresh ingredients with recipes for you to cook at home
	4. Delivered to your home
5. **Farm Hill**
	1. **https://www.farmhill.com/**
	2. Delivery to: San Mateo, Burlingame, Mountain View, Cupertino, Sunnyvale, Santa Clara, San Jose, Redwood City, Menlo Park, Palo Alto, Redwood Shores
	3. Salads/bento box style meals; whole ingredients; fresh; sustainable
	4. *We curate delicious, satisfying meals that are extraordinarily healthy. We have simple guidelines for our menu: No processed junk -- just quality ingredients and delightful flavors that will leave you feeling great.*
6. **Sprig**
	1. **https://www.sprig.com**
	2. Healthy, organic meals delivered in 15 minutes
	3. Starts at $9/meal
	4. Easy ordering via Sprig app
7. **Plated**
	1. **www.plated.com/**
	2. *A weekly box of fresh and seasonal ingredients, pre-portioned for the recipes you choose, so you can create great food with less effort.*
8. **Evolution Meals – Healthy Meals Delivered**
	1. <http://www.evolutioncatering.com>
	2. *Healthy meals delivered to your door every week. Without the hassle and commitment of a personal chef. No minimum orders or obligations. Just good, honest food. We're different because we're the only company that makes the food fresh and delivers to you the same day it's made.*
9. **Bistro MD**
	1. **www.bistromd.com**
	2. Every entree in your diet meal plan arrives fully cooked and frozen. Simply store your entrees in the freezer until you are ready to microwave, and enjoy!
10. **Healthy Chef Creations**
	1. [**http://www.healthychefcreations.com**](http://www.healthychefcreations.com)
	2. Your meals are sealed fresh and shipped overnight to your door each week, nationwide. When you use our meal planning services, your meals arrive fresh, not frozen, and ready to eat.
11. **Martha’s Senior Gourmet**
	1. [www.marthasseniorgourmet.com](http://www.marthasseniorgourmet.com)
	2. Meal delivery 3-7 days/week
	3. Renal, diabetic, low sodium, vegetarian, pureed, dairy free meals available
	4. Meals are prepared fresh, never frozen
12. **Purple Carrot**
	1. <http://thepurplecarrot.com/>
	2. Vegan Meals, “*every week we’ll send you all of the pre-measured ingredients you need to create spectacular vegan meals, made with fresh, responsibly sourced ingredients*”
13. **Thistle**
	1. https://www.thistle.co/
	2. Meals can be made dairy free, gluten free etc
	3. Meals are ready to eat
14. **Hello Fresh**
	1. <https://www.hellofresh.com/>
	2. *Deliver fresh ingredients and healthy recipes straight to your doorstep each week.*
	3. You do the cooking. Items are pre-prepped
15. **Schwan’s Online Grocery Delivery Service**
	1. <http://www.schwans.com>

**If you have tried any of these and have comments or if you use any that are not listed and that you like -please let me know (****evaew@stanford.edu****). Thanks!**

Personal Chef Prepared Meals

1. **Jessie and Laurent**:
	1. <http://jessieetlaurent.com/>
	2. *Laurent and his team of Marin-based chefs lovingly prepare entrées, soups, salads, and desserts each day from fresh, locally-sourced ingredients. Plus, we can modify most dishes for dietary needs.* Our handmade meals are:
	- Created from scratch
	- Healthy and delicious
	- Ready to eat in minutes
	- Served in minimal, recyclable packaging
	- Available in the San Francisco Bay Area
	- Delivered to your door, no charge!
2. **Blissfulkitchen.com**
	1. Personal chef, Dorothy Wittenberg
3. **Kitchit:**
	1. **http://www.kitchit.com/**
	2. private chef comes to your home provides seasonal, organic, multiple course meals
	3. $39/person