

The Exercise Coach® knows that it is not always possible to spend time prepping and cooking. Yet, success can still be achieved through some of these great companies. While this list is not exhaustive and new companies do emerge, we think this is a great start to try some meals that ingredients are provided and you simply cook them up in 10-25 minutes. Or, a few that are already prepared for you and you just heat and go!

Remember, you may have local food delivery services that are also outstanding so don't hesitate to complete a local google search.

SELF-COOK OPTIONS

Green Chef.com

Green Chef was one of the first meal kit companies to become **USDA-certified organic**. All of the ingredients provided in their kits are non-GMO and free from antibiotics and hormones.

*Choose the Paleo Options only

Sunbasket.com

Sun Basket features all organic produce and a variety of dietitian-approved meal plans which include paleo meals made without dairy, grains, sweeteners, legumes. You can order your meal kit, but also add on additional items like breakfast items and snacks. Their new Fresh & Ready meals come pre-made in an eco-conscious wooden tray that was convenient and very easy to handle

*Choose the Paleo Meals, snacks, sauces, dips, jerkies, and treats. Some of the Vegetarian Options will also work. Some of the Lean and Clean options will work (check ingredients)

Hungryroot.com

Hungryroot delivers healthy personalized groceries to your door with instructions on how to whip up quick nutritious meals. Testers loved that practically every recipe took less than 20 minutes to make, and the portion sizes were rated favorably.

*Choose groceries on the Exercise Coach "what to eat" list and they will create recipes for you.

Hellofresh.com

Hello Fresh is one of the most popular food delivery services. Offers the largest array of dietary needs., however, none specific. You would need to choose options with the approved ingredients.

*choose options with the approved ingredients only.

Prepared for you – Heat (or assemble) and go!

Trifectanutrition.com

We are the nation's largest all-organic meal delivery company. Our meals are made from scratch by professional chefs with truly healthy ingredients (no additives -- you will recognize everything on the ingredients list). We have heard thousands of times that our food is hands down the best in the industry.

*Choose the Paleo Meal Options or Ala Carte for great protein choices. After the challenge, their “Clean Meal Plan” is also worth checking out.

Daily-Harvest.com

Known for their smoothie cups, Daily Harvest has expanded their product lineup to include harvest bowls, soups, oat bowls, flatbreads, energy bites, and more. Daily Harvest meals are already pre-made and require either blending or heating.

*Choose only those with compliant ingredients