

# Meal Delivery Comparison



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Meal Delivery Service <b>3-Hour Diet at Home</b>		Delivery Locations USA	Customized Menu Yes	Dietary Needs C F
Cost \$19.95- \$29.95/day  \$140-\$210/week	Related Diet Program Jorge Cruse 3-Hour Diet	Delivery Schedule Weekly	Delivery Method Refrigerated	
	Endorsements Jessica Biel, Heidi Klum	Notes Author is a popular fitness trainer with a series of books.		
Meal Delivery Service <b>Biggest Loser Meal Plan</b>		Delivery Locations USA	Customized Menu No	Dietary Needs C D F V
Cost \$19.99/day \$99.95/week \$19.84/day \$138.90/week	Related Diet Program Biggest Loser Club	Delivery Schedule Weekly	Delivery Method Frozen	
	Endorsements Ali Vincent, Season 5 Winner Mark Kruger, Season 5	Notes Powered by Bistro MD. Created by Biggest Loser doctors.		
Meal Delivery Service <b>Bistro M.D.</b>		Delivery Locations USA	Customized Menu No	Dietary Needs C D F V
Cost \$21.42- \$25.99/day \$149.94- \$181.93/week	Related Diet Program	Delivery Schedule Weekly	Delivery Method Frozen	
	Endorsements Dr. Phil	Notes Created by a doctor.		
Meal Delivery Service <b>Chef's Diet</b>		Delivery Locations USA	Customized Menu Yes	Dietary Needs C D F O V
Cost \$14.95- \$22.95/day \$104.65- \$160.65/week	Related Diet Program Dr. Sears' Zone Diet	Delivery Schedule Weekly	Delivery Method Frozen	
	Endorsements Ali Landry, Fergie, Demi Moore, Kristen Davis, Brad Pitt	Notes Endorsed and used by many celebrities.		
Meal Delivery Service <b>Deliciously Yours</b>		Delivery Locations USA	Customized Menu Yes	Dietary Needs C c D F K S V
Cost \$15.99/day \$111.93/week	Related Diet Program eDiets	Delivery Schedule Weekly, bi-monthly or monthly	Delivery Method Refrigerated	
	Endorsements	Notes Free access to eDiets.com.		
Meal Delivery Service <b>Diet-To-Go</b>		Delivery Locations USA	Customized Menu Yes	Dietary Needs C c F S V
Cost \$11.42- \$12.14/day \$80-\$85/weekly	Related Diet Program	Delivery Schedule Weekly	Delivery Method Frozen	
	Endorsements	Notes Can pick up meals in select locations.		
Meal Delivery Service <b>DineWise</b>		Delivery Locations USA	Customized Menu Yes	Dietary Needs c D G S
Cost \$31.42/day \$220 weekly	Related Diet Program	Delivery Schedule Weekly	Delivery Method Frozen	
	Endorsements	Notes Senior meals available.		
Meal Delivery Service <b>Frozen Fitness</b>		Delivery Locations USA	Customized Menu Yes	Dietary Needs C c F S V
Cost \$11.90-\$20/day \$83.30- \$140/week	Related Diet Program	Delivery Schedule Weekly	Delivery Method Frozen	
	Endorsements	Notes Must also take supplements and exercise.		
Meal Delivery Service <b>Jenny Direct</b>		Delivery Locations USA, AUST	Customized Menu Yes	Dietary Needs C c D F V
Cost \$10/day \$70/week	Related Diet Program Jenny Craig	Delivery Schedule Bi-monthly or Monthly	Delivery Method Shelf-stable	
	Endorsements Valerie Bertinelli, Queen Latifah, Joy Behar, Kristie Alley	Notes Have a weekly check-in phone conversation with a Jenny Craig counselor, an additional fee.		

Dietary Needs Key: C-Low Calorie | c-Low Carbohydrate | D-Diabetic | F-Low Fat | G-Gluten Free | H-Heart Healthy | K-Kosher | O-Organic | S-Low Sodium | V-Vegetarian

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Continued



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Meal Delivery Service <b>Jillian Michaels Meal Plan</b>		Delivery Locations USA	Customized Menu No	Dietary Needs C F
Cost \$19.95/day \$139.65/week	Related Diet Program Jillian Michaels		Delivery Schedule Weekly	Delivery Method Refrigerated
	Endorsements Jillian Michaels		Notes Powered by eDiets. Meals have no trans-fat or preservatives. Jillian worked with the chefs herself.	
Meal Delivery Service <b>Medifast</b>		Delivery Locations USA	Customized Menu Yes	Dietary Needs C c D F K V
Cost \$10/day \$70/week	Related Diet Program		Delivery Schedule Bi-monthly	Delivery Method Shelf-stable
	Endorsements Kristy Swanson, Genie Francis		Notes Some products may contain artificial sweeteners.	
Meal Delivery Service <b>Mediterranean Meals</b>		Delivery Locations USA	Customized Menu No	Dietary Needs C D H S V
Cost \$15/day \$105/week	Related Diet Program Mediterranean Diet		Delivery Schedule Weekly	Delivery Method Frozen and Shelf-stable
	Endorsements		Notes Renal-friendly meals plans are available.	
Meal Delivery Service <b>NutriSystem</b>		Delivery Locations USA	Customized Menu Yes	Dietary Needs C D F V
Cost \$10/day \$75/week	Related Diet Program NutriSystem		Delivery Schedule Every 28 days	Delivery Method Shelf-stable
	Endorsements Tori Spelling, Marie Osmond, Dan Marino		Notes Also includes a behavioral modification guide. NutriSystem Advanced works with the glycemic index.	
Meal Delivery Service <b>Pure Foods Low Carb</b>		Delivery Locations USA	Customized Menu Yes	Dietary Needs c V
Cost \$34.95/day \$244.65/week	Related Diet Program Atkins, Low Carb		Delivery Schedule Daily, Weekly	Delivery Method Refrigerated
	Endorsements Renee Zellweger, Kate Hudson, Calista Flockhart		Notes Sweetened foods may contain artificial sweeteners.	
Meal Delivery Service <b>RAWvolution</b>		Delivery Locations USA	Customized Menu No	Dietary Needs O V
Cost \$14.28/day \$100/week	Related Diet Program Raw Foods Diet		Delivery Schedule Weekly	Delivery Method Refrigerated
	Endorsements Susan Sarandon, Alicia Silverstone, Cher, Carol Alt		Notes Pick-up is available in select locations.	
Meal Delivery Service <b>Seattle Sutton's Healthy Eating</b>		Delivery Locations USA	Customized Menu No	Dietary Needs C F S
Cost \$17/day \$119/week	Related Diet Program		Delivery Schedule Bi-weekly	Delivery Method Refrigerated
	Endorsements		Notes Pick-up available at Seattle Sutton's locations. Can choose between 1,200 or 2,000 calorie plans.	
Meal Delivery Service <b>Xengevity</b>		Delivery Locations USA	Customized Menu Yes	Dietary Needs C c F V
Cost \$21.42/day \$150/week	Related Diet Program		Delivery Schedule Weekly	Delivery Method Frozen
	Endorsements		Notes Becoming a Xengevity sales representative gives a 25% discount.	

Diets In Review is one of the Web's leading diet and weight loss resources. There you will find more than 500 diet reviews, including a comprehensive look at meal delivery programs, diet supplements and fitness programs. The Diet Column is updated throughout the day by health and fitness professionals offering advice and guidance to help you live a healthy life.

Dietary Needs Key: C-Low Calorie | c-Low Carbohydrate | D-Diabetic | F-Low Fat | G-Gluten Free | H-Heart Healthy | K-Kosher | O-Organic | S-Low Sodium | V-Vegetarian

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