

# Real Food Delivery Services

Don't have time to cook from scratch? Use one of these meal and snack delivery services to get real food and Paleo-friendly meals delivered right to your door!

## Sunbasket

- One of the more versatile big-name services out there, this one gets you three two- or four-person meal kits of your choosing per week without gluten, grains, soy, corn, added sugar, and dairy.
- Ingredients and recipes are delivered fresh so you can cook great meals without any planning or shopping.

## Paleo On The Go

- Operating out of a totally gluten-free kitchen, this chef-driven, highly rated company specializes in certified Paleo, certified Paleo-friendly and (AIP) autoimmune protocol-friendly frozen pre-mades.
- There are 50+ sustainably sourced menu items at your fingertips all available for individual purchase or wrapped up into convenient 10-meal bundles.

## Pete's Paleo

- This is a Paleo-certified mainstay and the two have made a name for themselves with seasonally inspired, farm-fresh (really—they source ingredients from local producers) prepared meals.
- Weekly orders of five, 10, 14, or 20 ship nationwide in vacuum-sealed packages, and recipes switch up regularly.

## The Good Kitchen

- The Good Kitchen is a great, chef-prepared Paleo meal delivery service. Their organic produce is sourced almost exclusively from local farms in North Carolina (where the service is based).
- One of their unique offerings is their “Pegan” selections, which offer meals for those who like to split the difference between vegan and Paleo.

- They offer nationwide delivery, and the meals will arrive on your doorstep either refrigerated or frozen.

### TrueFare

- Every meal on their site is Whole30® Approved, meaning they're free of added sugars, fillers, stabilizers and mystery ingredients.
- TrueFare emphasizes the highest-quality ingredients for their meals. That means organic produce, grass-fed beef, heritage breed pork and organic or free-range poultry. They offer Paleo, Keto, and AIP friendly meal plans.

### Green Chef

- This subscription plan works along pretty standard lines: enough prepped ingredients to cook up three two-person Paleo dinners (or two four-person for the family plan) shipped to your doorstep each week.
- All the recipes are organic and gluten-free, featuring lots of protein and fresh veggies and zero grains or dairy.

### Trifecta Nutrition

- Provides complete ready-to-eat dinners or lunches. Typically these meals are higher protein and more focused on clean, simple eating.
- You can also upgrade to add breakfasts, additional entrees, or lunch-dinner combos or go with a la carte packaged or build-your-own meals if you'd rather roll solo.
- They're all non-GMO, 100-percent organic, and sugar-, grain-, gluten-, dairy- and soy-free, and completely unprocessed.

### Caveman Chefs

- Caveman Chefs is a little unique, largely because it offers catering as well as nationwide Paleo meal delivery.
- Based in Colorado, Cavemen Chefs sources their menu from local meats, produce and seafood. Some interesting menu options include grass-fed wagyu beef and grass-fed lamb. They will also cater to whatever needs you have,

meaning you can order meals that are Whole30, AIP, low FODMAP, ketogenic, or from any other niche.

### Beetnik Foods

- Beetnik Foods is another great Paleo meal delivery service that is Certified Paleo-Friendly, so you know you are getting quality nutritional choices.
- Beetnik offers other organic food options as well, so make sure to specify meals that are marked Paleo-friendly when ordering.
- Beetnik delivers nationwide and also has offerings in health food stores, so be sure to look for them in your favorite local store.

### Paleo Power Meals

- Paleo Power Meals is another great option for those looking to eat healthy without having to cook. They have generous portions that pack a large amount of protein.

### Factor 75

- Pre-made meals are the name of the game here, so all you have to do is heat and eat. Weekly menus list a handful of straightforward and clearly specified Paleo meals to pick and choose from
- Everything is hormone-, GMO- and antibiotic-free, 100-percent organic, and made without preservatives. Plans are quite flexible, arriving in four, six, eight, 12, and 18-meal allotments you can skip, pause, or cancel as needed.

### Eatology

- Pre-made comfort food style Paleo, Primal and Zone diet options are on hand here, each prepared with a mind toward protein, carb and fat balance to keep you full, productive, and happy.
- Meals come in medium or large portion sizes; include breakfast, lunch and dinner dishes.

### Grandcestors

- Based in Colorado, Grandcestors delivers nationwide and is also found in the freezer section at Whole Foods stores in the southwestern region of the U.S.
- They focus on macro-balanced Paleo ingredients, keeping a macronutrient ratio of 40/30/30 for carbs, protein and fat.

### Keto Fridge

- These meals contain roughly 75% Fat, 20% Protein, and 5% Carbs.
- Their menu changes every week so you can always look forward to a new and exciting week of healthy ketogenic meals.
- You can order full meals or meal components like proteins and sides.