

Paleo Meal Delivery Service Comparison

	beetnik	CavemanChefs	Catered Fit	Eatology	Factor 75	Fresh 'n Fit Cuisine	Fresh n' Lean	Freshly	Grandcestors	Home Bistro	Ice Age Meals	Paleo Meals To Go	Paleo On The Go	Paleo Power Meals	Pete's Paleo	Sakara Life	Terra's Kitchen	The Good Kitchen	Trifecta Nutrition	True Fare
Paleo	All meals	All meals	All meals	Some meals	Some meals	Some meals	Some meals	Some meals	All meals	Some meals	All meals	All meals	Some meals	All meals	All meals	No	Some meals	Some meals	Some meals	Some meals
Keto	No	Some meals	Some meals	No	Some meals	Some meals	No	No	No	No	Some meals	No	Some meals	Some meals	Some meals	No	Some meals	Some meals	Some meals	Some meals
Low-carb	Some meals	Some meals	No	Some meals	Some meals	Some meals	Some meals	Some meals	No	Some meals	Some meals	No	No	Some meals	Some meals	No	Some meals	Some meals	Some meals	Some meals
Dairy-free	All meals	Some meals	All meals	Some meals	Some meals	Some meals	All meals	Some meals	All meals	Some meals	All meals	All meals	All meals	All meals	All meals	All meals	Some meals	Some meals	All meals	All meals
Gluten-free	All meals	All meals	All meals	All meals	All meals	All meals	All meals	All meals	All meals	Some meals	All meals	All meals	All meals	All meals	All meals	All meals	Some meals	Some meals	All meals	All meals
Organic	All meals	All meals	Some ingredients	No	All meals	Some ingredients	All meals	Some ingredients	No	No	Some ingredients	Some ingredients	Some ingredients	Some ingredients	All meals	All meals	No	Some ingredients	All meals	All meals
Vegetarian	No	Some meals	Some meals	Some meals	Some meals	Some meals	Some meals	Some meals	No	Some meals	No	Some meals	No	Some meals	Some meals	No	No	Some meals	Some meals	No
Vegan	No	Some meals	No	No	No	No	Some meals	No	No	No	No	No	No	No	No	Some meals	No	No	Some meals	No
Whole30	All meals	No	Some meals	Some meals	No	No	No	No	All meals	No	No	No	No	No	No	No	Some meals	No	Some meals	All meals
hCG	No	No	No	No	No	Some meals	No	No	No	No	No	No	No	No	No	No	No	No	Some meals	No
AIP	No	Some meals	No	No	No	No	No	No	No	No	No	Some meals	Some meals	No	Some meals	No	No	No	No	Some meals
SIBO/fodmap	No	Some meals	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Non-GMO	All meals	All meals	Some ingredients	No	All meals	Some ingredients	All meals	Some ingredients	Some ingredients	No	No	Some ingredients	All meals	All meals	All meals	All meals	No	Some ingredients	All meals	All meals
Soy-free	All meals	All meals	All meals	Some meals	Some meals	Some meals	All meals	Some meals	All meals	Some meals	All meals	All meals	All meals	All meals	All meals	All meals	No	Some meals	All meals	All meals
Grass-fed	All meals	All meals	Some ingredients	No	All meals	All meals	All meals	No	All meals	No	All meals	All meals	All meals	All meals	All meals	No	No	All meals	All meals	All meals
Pasture-raised	Some ingredients	Some ingredients	Some ingredients	No	All meals	All meals	All meals	No	No	No	No	Some ingredients	All meals	All meals	All meals	No	No	All meals	All meals	All meals
Fresh or Frozen	Frozen	Both	Fresh	Frozen	Fresh	Fresh	Fresh	Fresh	Frozen	Fresh	Frozen	Freeze-Dried	Frozen	Fresh	Fresh	Fresh	Frozen	Fresh (except seafood)	Fresh	Frozen
Calories per meal	160 - 320	550 - 750	230 - 600	155 - 250	400 - 600	350 - 600	300 - 650	500	280 - 510	700	285 - 980	300 - 550	200 - 350	300 - 400	400 - 700	?	500	350 - 800	350	350 - 600
Free delivery	Over \$175	No	Yes	No	No	No	Over \$105	Yes	No	No	No	No	No	Some meals	No	No	Yes	No	Yes	Yes, based on order amount and region
Local pickup	Select grocery stores nationwide	Denver Metro Area	No	Bryan/College Station (Texas)	No	Atlanta Metro Area	No	No	Whole Foods in select states	No	No	No	No	No	Select drop off locations in MA and NH	No	No	No	No	No
Individual meals	Yes	Yes	No	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Subscription	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes
Delivery frequency	Multiple days per week	Multiple days per week	Daily	Tuesday - Friday	Once a week. Exact day depends on your zip code	Mondays and Thursdays (Pickup), Tuesday Friday (FedEx)	Multiple days per week	Multiple days per week	Multiple days per week	Multiple days per week	Multiple days per week	Multiple days per week	Multiple days per week	Mondays	Fridays	Multiple days per week	Wednesday - Friday	Mondays	Fridays	Multiple days per week
Cancel anytime	N/A	Yes	Yes	Yes	Yes	Yes	Yes	Yes	N/A	N/A	N/A	N/A	N/A	Yes	Yes	Yes	N/A	Yes	Yes	Yes
Pause/skip Delivery	N/A	Yes	Yes	Yes	Yes	Yes	Yes	Yes	N/A	N/A	N/A	N/A	N/A	Yes	Yes	Yes	N/A	Yes	Yes	Yes
Delivery	All 48 Continental States	All 50 States	Florida, California	All 50 States	All 48 Continental States	GA, AL and parts of TN, FL, NC, SC	All 50 States	AL, AZ, AR, CA, CO, GA, ID, IL, IN, IA, KS, KY, LA, MS, MO, NE, NV, NM, OK, OK, SC, SD, TN, TX, UT, WA, WI	All 48 Continental States	All 50 States	All 50 States	All 50 States	All 50 States	All 48 Continental States	All 50 States	All 50 States	All 50 States	All 50 States	All 50 States	All 50 States