

Quick and Easy Meal Ideas, Apps, Plans, and Websites

This list is meant to be a resource, **but keep in mind that not every meal on each site is specifically recommended by our dietitians**. If you have a question about specific meals, we encourage you to speak with your dietitian to make sure you are making the most informed choices possible.

- **Apps/Websites:**

- [MealLime](#): Weekly recipes, automated shopping lists, delicious meals in 30 minutes or less.
- [EMeals](#): Weekly recipes, automated shopping lists with delivery options, 15 different meal plan styles to choose from.
- [PlateJoy](#): Nutritionist designed and supported, free with some health insurance providers, generates shopping lists.
- [Meal Prep Pro](#): Easy recipes for daily or weekly cooking, nutritional information on all recipes, personalized recipes, syncs with fitness devices, generates smart shopping lists.
- [Meal Board](#): Digital grocery list with manually added prices to stay in-budget for the week, personalized pantry is edited when you use any of your ingredients.
- [Eat This Much](#): Calorie goal oriented, nutritional info per recipe, large database of restaurants and packaged foods, barcode scanner for nutritional information.
- [The Real Food Dietitians](#): Recipes, free meal plans, mostly gluten free and designed to be customizable for special diets and allergies.
- [Downshiftology](#): Free weekly recipes, kitchen advice and cooking tutorials.
- [Skinnytaste](#): Meal plans and recipes. Includes nutritional information on all recipes. Recipes range from high protein, macro -friendly, high-fiber, gluten-free, anti-inflammatory!

- **Healthy Meal Delivery Companies:**

- [Factor 75](#): Calorie smart, protein plus, keto, vegan/vegetarian options. 6-18 meals per week. Price range: \$83.94-\$206.82. Typically 50% off first purchase.
- [Sun Basket](#): Meal Kits or Pre-made meals. Paleo, Vegetarian, Diabetes-Friendly, High Protein, Low Calorie and more. Starts at \$4.82 per serving.

- **Freshly:** 4-12 pre made meals per week starting at \$11.79 per meal. They offer plant based, gluten free, dairy free, carb smart, and calorie conscious meal plans. Nutrition facts are provided for all meals.
- **Hello Fresh:** Order up to 6 meals per week for 6 people in a household. Price per serving \$4.99. Choose from 45+ weekly recipes.
- **Daily Harvest:** smoothies/ flatbreads/veggie bowls/soups/chia bowls/oat bowls/ice cream/lattes, \$30 off your first box, comes in small/medium/large boxes, medium box contains 14 meal items and is \$70 with discount code, nutrition facts provided, can be higher in carbs.
- **Home Chef:** able to choose food restrictions (allergies), calorie or carb conscious option, can order pre-portioned ingredients or no-prep meals, \$6.99 per serving.
 - *also available at Kroger near the deli and meat aisle
- **BariBox:** Meal delivery service designed to meet the needs of bariatric patients.
 - Meals are under 300 calories, 20g-30g protein, less than 15g net carbs. Developed by a dietitian and a team of chefs.
- **Local Meal Prep Locations:**
 - **CleanEatz:** Located in Newport, KY and available at several Ohio locations. Meals start at \$7.99 per serving. Pickup, free delivery, or purchase in store. High protein and weight loss meals are great choices!
 - **Dream Dinners:** located in Kenwood, Anderson, and West Side of Cincinnati, pickup or delivery, prepping is already done, kid options available/under 30 mins/under 400 calories/crock pot, nutrition facts listed, rotating monthly menu.
- **Low Carb, High Protein Products:**
 - **Magic Spoon:** various cereal flavors (fruity, cookies n cream, peanut butter, maple waffle, etc.) containing 150 calories 4 g net carbs, 13 g protein per serving, grain and gluten free.
 - **Catalina Crunch:** A great snack! Includes cereals (~11g protein, ~5 net carbs), "Chex Mix" like crunch (~5g protein, ~5g net carbs), and cookies (~4g protein, 8g net carbs). Can buy in bulk on their website.
 - **Outer Aisle Cauliflower/Broccoli Sandwich Thins, Crusts and Wraps:** Thins come in original, everything, italian and jalapeno flavor. Soy, nut, gluten, grain free. Macronutrients vary depending on which item is purchased. Averages to be ~100 calories, 2 g carbs, 10 g protein, 6 g fat.
 - **Quest:** protein chips, protein cookies, fudgey brownie and caramel candy bites, peanut butter cups, hero bars.
 - **Healthy Choice Zero** (frozen Kroger meal): sesame chicken with zoodles, verde chicken, carne asada, tomato basil chicken.

- **NuGo Slim**: 16-17g of protein, 6-7g of fiber, ~10 g net carbs. Vegan. Recommended by a patient.
- Nugo **Smarte Carb**: 160 calories, 20 g protein, 5 g fiber, ~2 g net carbs, 5 g fat. Recommended by a patient.
- **No Cow |Protein Bars** Dairy free, 20-22g plant protein, 15-16g fiber, 4-5g net carbs, 190-200 calories.
- **BUILT Protein Bars** 140-160 calories, 15-17g protein, 13-15g net carb, 2.5g fat.
- **FITCRUNCH** Includes protein bar, cookie bar or baked bar. Baked and developed by a chef. Bars-190 kcal, 16 g protein, 6 g net carbs, 8 g fat. Recommended by a patient.