



Silver Cuisine

<https://www.silvercuisine.com/>

1-844-404-3663

- * Starts at \$8.39+/meal
- * \$19.95 flat rate shipping
- * Free Shipping on orders \$99+
- * No minimum order required
- * Heart Healthy, Gluten Free, Diabetic, Low Sodium, Low Carb, Dairy Free, Mediterranean, Vegetarian



Top Chef Meals

<https://topchefmeals.com/>

1-800-616-8044

- * Starts at \$8.95+/meal
- * 10% Off for individuals over 60
- * Shipping charged based on zip code
- * No minimum order required
- * Low Carb, Paleo, Low Sodium, Diabetic, Low Fat, Renal Friendly, Gluten Free, Dairy Free



**Not an all inclusive list of frozen meal deliver services, other services focus on weight loss and specific diets. If you can prepare a meal, but have difficulty planning/shopping for ingredients, try companies that ship fresh ingredients for a menu of meals. (For example: Blue Apron, Hello Fresh, and Home Chef)

Contact us

Web: www.daneadrc.org

Email: adrc@danecounty.gov

Facebook: [ADRC Dane Co](https://www.facebook.com/ADRC Dane Co)

Phone: 608-240-7400

Toll free: 855-417-6892

Office Hours: 7:45am—4:30pm

Monday-Friday

Information courtesy of ADRC of Dane County. The ADRC does not endorse or recommend specific agencies. This list is provided with the best available information as of

June 2024

Prepared Meals Delivered by Mail

The following companies provide fully-cooked meals delivered to your door, they need to be reheated in the microwave or oven.

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Eat Flavorly

<https://www.eatflavorly.com>

1-832-942-4012

- * Starts at \$9.95+/meal
- * Shipping charged based on zip code
- * 5 meals minimum per order required
- * Low Carb, Paleo, Low Sodium, Diabetic, Low Fat, Renal Friendly, Gluten Free,

FACTOR _

Factor75

<https://www.factor75.com/>

888-573-5727

- * Starts at \$11.49/meal
- * \$9.95 flat rate shipping
- * 6 meals/week minimum
- * Gluten-free, soy-free. Not recommended for those with Celiac Disease (Kitchen is not certified gluten-free).



Freshchef MKE

<https://freshchefmke.com/>

414-467-5121

- * Starts at \$9.60/meal
- * Gluten-free, low-carb, low-sodium, some KETO friendly meals
- * 4 meals/week minimum
- * \$8 Delivery fee, deliveries take place on Mondays from 4-8pm



Homestyle Direct

<https://www.homestyledirect.com/>

1-866-735-0921

- * Starts at \$7.95/meal
- * \$19.95 flat rate shipping
- * No minimum order required
- * Carb Controlled, Gluten Free, Low Calorie, Low Fat, Renal Friendly, Sodium Controlled



Magic Kitchen Meals

<https://mkmeals.com/>

1-800-766-1765

- * Starts at \$12/meal
- * Typically, shipping starts at \$18.95
- * No minimum order required
- * Low sodium, Diabetic-friendly, Portion-controlled, Renal (CKD Stage 3 & 4), Dialysis-friendly, Nutritionally balanced



Mom's Meals

<https://www.momsmeals.com/>

1-877-508-6667

- * Starts at \$7.99/meal
- * \$8.99 for pureed, Renal friendly, and Gluten Free meals
- * 10% discount for veterans
- * \$14.95 flat rate shipping
- * Heart Friendly, Diabetic Friendly, Renal Friendly, Cancer Support, Pureed, Gluten Free, Vegetarian, Low Sodium