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| --- | --- | --- | --- | --- | --- | --- |
|  | Munchery | Sakara | Blue Apron | Fresh Direct | Seamless | My Idea |
| Minimum time order must be placed for guarantee | 24 hours before | Friday for next week | Week before | Previous day before midnight | On demand | 24 hours before |
| Delivery/Pickup option | Deliver to home | Deliver to home | Deliver to home | Deliver to home | Deliver to home,  Pickup at restaurant | Pickup in or outside gym studio |
| Daily Menus | Y | Y | Y | N – Depends on food item | N – Depends on restaurant | Y - Daily rotating menu in each category |
| Plan Variety | Pay per meal item | Subscription - 1, 5, or 20 days | Subscription – Weekly for 2 person or Family plan | Pay per grocery item | Pay per meal item | Pay per meal item, Subscription – 1, 5 days |
| Price | $10-$15 Main dish  $1-$10 Appetizers/Desserts/  Drinks | 1 day - $99  5 days - $125  20 days - $990 | 2 person - $59.94 (3 meals/week)  Family –  $69.92 (2 meals/week)  $139.84 (4 meals/week) | $50-$100 per order on avg | $20-$50 per order on avg | $15 per meal  $1 - $10 add-on appetizers/  healthy snacks/  sports drinks  1 day - $35  5 days - $120 |
| Health Focused | N | Y | N | Y | N | Y |
| Diet Concentration | No specific concentration | Organic, Veggies,  Gluten Free | You tell them what are your dietary preferences | Organic,  Local/Farm Produce | No specific concentration | Varied in multiple categories – Protein, Carbs,  Low Calorie, Veggies |
| Nutritionally Designed | N | Y | N | N | N | Y |
| Option to Choose Meal | Y | N | N | Y | Y | Y |
| Ready to Eat, No Cooking required | Y | Y | N | N | Y | Y |

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|  | **Munchery** | **Sakara** | **Blue Apron** | **Fresh Direct** | **Seamless** | **ExerEats** |
| Guaranteed order ahead time | Day before | Week before | Week before | Day before | On demand | On demand |
| Delivery/Pickup option | Deliver to home | Deliver to home | Deliver to home | Deliver to home | Deliver to home,  Pickup at restaurant | Pickup at or near gym |
| Payment option | Pay per meal item | Subscription - 1, 5, or 20 days | Subscription – Weekly for 2 or Family plan | Pay per grocery item | Pay per meal item | Pay per meal item,  Subscription – 1, 5 days |
| Average Price | $10-$15 Main dish | 1 day - $99  5 days - $125  20 days - $990 | 2 person - $59.94 (3 meals/week)  Family –  $139.84 (4 meals/week) | $50-$100 per order avg. | $20-$50 per order avg. | $10-$15 Main dish  1 day - $35  5 days - $120 |
| Daily Rotating Menus | **Y** | **Y** | **Y** | **N** | **N** | **Y** |
| Health Focused | **N** | **Y** | **N** | **Y** | **N** | **Y** |
| Nutrition Tracking | **N** | **Y** | **N** | **N** | **N** | **Y** |
| Choose your Meal | **Y** | **N** | **N** | **Y** | **Y** | **Y** |
| Ready to Eat, No Cooking required | **Y** | **Y** | **N** | **N** | **Y** | **Y** |