



### 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*

### 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](http://www.daneadrc.org)

**Email:** [adrc@danecounty.gov](mailto:adrc@danecounty.gov)

**Facebook:** [ADRC DaneCo](https://www.facebook.com/ADRC DaneCo)

**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.

*Information courtesy of ADRC of Dane County. The ADRC does not endorse or recommend specific companies. The ADRC does not prepare and deliver frozen meals.*





### 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,

## F A C T O R \_

### 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