

Meal Kit Service Comparison by GourmetBetty.com

	Green Chef	Hello Fresh	Purple Carrot	Blue Apron	Plated
Domain	greenchef.com	hellofresh.com	purplecarrot.com	blueapron.com	plated.com
Cost per Plate:	\$13	\$10	\$12	\$12	\$14
Cost per delivery:	\$81	\$60	\$72	\$48	\$56
Meals per week:	3	3	3	2	2
Intro Discount Found:	\$50 off first delivery	\$25 off first two delivery's	\$25 off first delivery	None found	\$25 off first delivery
Packaging / Organization:	Very well organized - each ingredients was marked with a different color label to correspond with each recipe. Smart and easy to put ingredients away in fridge or pantry.	Each Recipe was well organized into paper bags, clearly labeled.	Each Recipe was well organized into transparent plastic bags, clearly labeled. Liked that I was able to see the ingredients without having to open the bag.	Not well organized	Organization was OK but not better than Hello Fresh
Recipes Received:	From their vegan plan: Tempeh with XO Sauce & Udon Noodles; Unstuffed Enchiladas & potato salad; Red Lentil Burger with Smokey Kale Chips	From the Veggie Plan: Chickpea-powered Mediterranean Couscous; Patatas Bravas & Crispy Artichokes; Grilled Cheese & Veggie Jumble	From their regular Vegan Plan: Butter Roasted Tomato Gratin; Dosa Lettuce Wraps with spiced chickpeas & Mango Chutney; Greek Style Cauliflower Steaks with Tzatziki sauce & mashed yams	From their wide range of options: Black Rice Sesame Noodles with a Beet, Bok Choy & Peanut Salad; Quinta & Broccoli-Stuffed Squash	From their wide range of options: Cajun Shrimp & Corn Chowder w/Bell Pepper & potato; Butter-Based Cod with Papas Bravas, green beans & smokey Tomato Aioli
Taste:	Unstuffed Enchiladas were different & tasty. Red Lentil Burger was super tasty but the patty didn't come together well, had to add olive oil. My husband hated this dish so much that he had to order in food, I didn't complain and enjoyed the left overs for lunch next day. Although I altered the Tempeh dish, as we don't eat mushrooms, it was delicious.	The Grilled cheese & veggie jumble was interesting, doubt I'll make it again. Although the other two recipes tasted really well and have two dishes I would likely make again.	All three of these recipes were really good. Will probably make at least two of them again or modify the roasted tomato gratin to use fresh tomatoes instead of canned.	Both recipes were tasty, will probably make again the Beet, Bok Choy and Peanut Salad. My husband didn't like the black rice noodles, and thought the quinoa broccoli stuffed squash was too dry.	We didn't care for either of these recipes & thought they were boring.
Final Comments:	Overall this was my favorite service. Best recipe instructions, ingredients were washed and of high quality, organized perfectly. I selected the vegan plan. Green Chef has many options of meal plans, seems very flexible with different costs. This allows you to change plans from vegan, vegetarian, meat or omnivore plan.	Service is a good option for both families or couples - provides flexibility of selecting meat or veggie plans. Note they do not have vegan options.	We really enjoyed this service. As someone who has been eating mostly plant based meals it provides good ideas for vegan dishes. In fact, Purple Carrot has only vegan menus. They also have a meal plan for Performance Meals which have higher protein & are gluten free. This plan is a bit more at \$78/week, which I am trying next.	Lots of options for mushroom lovers, which is not our preferred food. For this reason, I'm out. Cancelled my subscription.	This service is too expensive for the quality of the recipes and food. Cancelled my subscription.

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