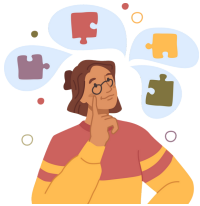


FIND EXTRA TIME WITH MEAL PREPPING

Our meal prepping service saves families an average of 8.8 hours each week. How much would you value nearly 9 hours to spend time with family, exercise, or even fit in some alone time? (All while knowing healthy food is waiting in your fridge at home!)



Menu Design:

It can be overwhelming to juggle each family member's needs and preferences. Add considerations like ingredient cost, planning shopping and cooking, and we estimate most people devote around 30 minutes per week to this process.

30
min



Transportation:

Travel time associated with food adds up! Think about the time you spend driving to and from the grocery store, idling in a fast food line, or waiting for a delivery driver to collect and drop off your meal. We estimate most people spend at least an hour per week on transportation.

1
hour



Ingredient Selection:

Grocery shopping requires remembering what ingredients are at home and how much is left. One usually needs a list to ensure all ingredients are picked up, or the headspace to plan the week's menu on the go. We estimate most people spend at least one hour grocery shopping per week.

1
hour



Meal Preparation:

Whether you like to cook or not, you have to admit cooking is often time-consuming. Ingredient preparation, and kitchen cleanup must be considered in addition to cooking time. The USDA says the average American spends about 40 minutes per day preparing food, for a whopping 4.7 hours per week.

4.7
hours



Packaging:

It's not something you often think about, but packing up leftovers, repackaging family-style leftovers into individual portions, and/or packing lunches for kid and parents takes some time. Even if this takes you just 20 minutes per day, that's 1.6 hours per week.

1.6
hours

8.8 hours saved