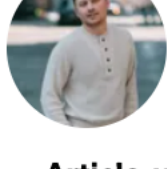


We Tested Every Meal Delivery Service (Again) and Found the Best 9 You Should Try in 2025

We enlisted the help of a meal expert, a wellness editor and an editor who is new to cooking to help us identify the best meal delivery service in every category.

OUR EXPERTS



Written by [David Watsky](#) X

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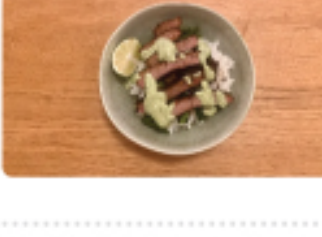
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Reviews ethics statement → How we test →

Short on time or dealing with a family full of picky eaters? Don't stress, cooking is supposed to be fun! I've tested dozens of meal delivery services and found great options for just about every kind of household. Whether you're following a keto diet or prefer [vegan meals](#), trying to save some money on a ballooning grocery bill or just need dinner on the table fast, there's a meal kit out there that can help.

OUR PICKS



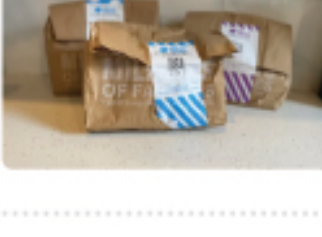
EDITORS' CHOICE

Best overall meal kit

Blue Apron

See at Blue Apron

Jump to details ↓



Featured Deal


What is this? ⓘ

Get a free Caraway pan + 10 free meals

HelloFresh

See at HelloFresh

Jump to details ↓



Best gourmet prepared meals

MealPro

See at MealPro

Jump to details ↓

As CNET's kitchen, cooking and food expert, I've spent more than 100 hours testing over 30 meal kit and prepared meal delivery services. My standards for [healthy food](#) are high, and my tolerance for overpriced services that don't deliver is low. This is all baked into [how we test meal kits](#) here at CNET. Rest assured that you'll get great food and value for your money with any of our recommended picks.

For this round of meal delivery testing, I've enlisted a vegan wellness editor, [Anna Gragert](#), and one of our flex editors, [Corin Cesaric](#), who is new to cooking, to get their unique takes on each meal kit service. For even more testing power, we had our entire New York office taste every prepared meal service to crowdsource opinions on the best and worst.




According to our group, MealPro has the best-tasting prepared meals, but its high cost keeps it from the top spot on our list.

Corin Cesaric

For those who don't care to cook, there are services that send fully cooked meals ready to heat and eat. [CookUnity](#) earns the top spot as the best prepared meal service thanks to its huge selection of excellent and interesting meals. If money is not a concern, MealPro earned the best overall marks from our group of testers, but the price of meals -- between \$15 and \$22 each -- keeps it out of the top spot.

We've tested more than 30 options to bring you the 9 best meal kits and meal delivery services for 2025.



Best gourmet prepared meals

MealPro

Corin Cesaric/CNET

Pros

- The highest quality food of any prepared service we tested
- Restaurant-level meals including tender brisket and hearty lasagna
- You can make a one-time order

Cons

- Expensive with some meals costing more than \$20
- Some meals, such as the salmon, didn't microwave well
- Must order at least 18 meals

Why we picked it:

If money is no object, this meal delivery service has the goods. We tested the gourmet prepared meals in our New York office and many of them were of restaurant quality. According to MealPro's website, the meals are cooked daily so they can be delivered as fresh as possible and the proof was in the pudding. From tender brisket (\$21.49) and pork carnitas (\$16) to a hearty spinach lasagna (\$15), this service had our test group clamoring for more.

You can order one box at a time or opt in or out of recurring orders but you have to order either 18 or 21 meals, so plan some space in your freezer. Meals are priced individually and most are between \$12 and \$20, making it one of the most expensive meal services we tried but also the best in terms of pure taste and quality.

Orders of 21 meals ship free to West Coast states, while shipping to other states varies based on distance from the California fulfillment center.

Who is it for:

If your standards are high, MealPro delivered the best-tasting prepared meals of any service we tried. If the cost isn't an issue, this is a great way to stock your fridge and freezer with high-end meals for those nights you don't want to cook.

Who should avoid it:

This is not a meal service for bargain shoppers. Most meals are about \$15 and many of the premium recipes are \$20 or more, which is comparable to takeout.

GET IT NOW

See at MealPro

Specs & Configurations

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Pricing	Type
Most meals are between \$14 and \$22	Prepared meals
Recipes per week	Good for
33	Meat eaters, gourmet meals, restaurant-quality food, stocking the freezer.
Sample menu	Shipping
Teriyaki steak with broccoli and rice; Turkey bolognese; Pulled brisket over mashed potatoes	Varies based on location
Minimum order	Delivery frequency
18 meals	Every 1, 2 or 4 weeks

☐ Add to compare

Recent updates

July 2025

MealPro was tested and added to the list as best gourmet prepared meal delivery service

Gardencup was tested and added to the list as best salad delivery service

HelloFresh was retested and recategorized as best meal delivery for recipe variety

Meal kits and prepared food services compared

Brand	Service Type	Focus	Good For	Price per Serving
Blue Apron	Meal kit	Overall Value, Variety	Vegetarian, Low-Calorie, Gluten-Free, Pescatarian	\$8-\$12
Purple Carrot	Meal kits	Vegan, Organic	Vegan, Vegetarian, Paleo, Gluten-Free	\$11-\$13
Mosaic Foods	Prepared meals	Vegetarian, Global Flavors	Vegan, Vegetarian, Healthy, Low-Fat, Families	\$6-\$12
HelloFresh	Meal kits	Family-Friendly, Variety	Vegetarian, Keto, Paleo, Gluten-Free, Diabetic, Pescatarian	\$10-\$12
Green Chef	Meal kits	Organic, Diet-Specific (Keto, Paleo, etc.)	Vegan, Vegetarian, Organic, Gluten-Free, Diabetic, Pescatarian, Mediterranean	\$12
MealPro	Prepared meals	Gourmet Cuisine	Healthy, Low-Calorie, Pescatarian, Vegetarian, Whole30	\$14-\$22
CookUnity	Prepared meals	Gourmet, Chef-Curated, Variety	Healthy, Gourmet, Low-Calorie, Pescatarian, Vegetarian, Keto, Paleo, Diabetes-Friendly, Gluten-Free, Whole30	\$11-\$14
EveryPlate	Meal kits	Cheap, Simple, Comfort Food	Family-Friendly, Comfort Food, Picky Eaters, Healthy Quick and Easy	\$6
Gardencup	Prepared meals	Salads, Bowls, Lunches	Healthy, Light, Vegetarian, Vegan, Low-Calorie, Low-Carb	\$11-\$14

The information contained in this article is for educational and informational purposes only and is not intended as health or medical advice. Always consult a physician or other qualified health provider regarding any questions you may have about a medical condition or health objectives.

About the Author



DAVID WATSKY
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David lives in Brooklyn where he's spent more than a decade covering all things edible, including meal kit services, food subscriptions, kitchen tools and cooking tips. David earned his BA from Northeastern and has toiled in nearly every aspect of the food...

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