

Menu Planning Services

Service	Customizable Menu	Grocery List	Diet Types	App	Price	
Emeals	Y	Y	<ul style="list-style-type: none"> • Clean Eating • Quick & Healthy • Low Calorie • Low Carb • Paleo • Budget Friendly • 30 Minute Meals • Slow Cooker 	<ul style="list-style-type: none"> • Kid Friendly • Classic • Gluten Free • Vegetarian • Heart Healthy • Diabetic • Mediterranean 	Y	Free for 14 days \$30 for 3 months \$60 for 12 months
Forks Meal Planner	Y	Y	<ul style="list-style-type: none"> • Whole Food Plant Based 	N	Free trial meal plan \$20 per month \$45 for 3 months \$120 for 12 months	
Happy Herbivore	N	Y	<ul style="list-style-type: none"> • Vegan • Plant Based 	<ul style="list-style-type: none"> • Gluten Free • Soy Free 	N	Free 7 day sample meal plan \$18.99 per month
Platejoy	Y	Y	<ul style="list-style-type: none"> • Paleo • Vegetarian • Gluten Free • Low Carb • Weight Loss • Kid Friendly 	<ul style="list-style-type: none"> • Clean Eating • No Red Meat • Pre-Diabetes • Quick & Easy • And Many More 	Y	Free trial meal \$69 for 6 months \$99 for 12 months
Relish	Y	Y	<ul style="list-style-type: none"> • Standard • Gluten Free 	N	5 day trial \$8 for 1 month \$21.75 for 3 months \$78 for 12 months	
The 6 o'clock scramble	N	Y	<ul style="list-style-type: none"> • Vegetarian • Gluten Free • Diabetic 	N	14 day free trial \$3 per week for 3 months \$2 per week for 12 months \$1.44 per week for 24 months	
The Fresh 20	N	Y	<ul style="list-style-type: none"> • Classic • Vegetarian • Gluten Free • For One 	<ul style="list-style-type: none"> • Lunch • Paleo • Dairy Free • Kosher 	N	Download a free meal plan \$14 per month \$24 for 3 months \$74 for 12 months

Note: most services that do not have an app, have mobile friendly sites so that you can still view your grocery list from your phone