

Comparable Conditions	Lean Balanced Choice	Balanced Choice	Hungry Balanced Choice	Mediterranean Diet - Weight Loss	Paleo Meals	Banting Diet	Fitness Meals	Body Extreme Meals
Kcal intake in lunches and dinners (main meals)*	200 kcal	300 kcal	400 kcal	294 kcal	350 kcal	339 kcal	420 kcal	520 kcal
Carbohydrates intake in lunches and dinners*	20 gram	30 gram	40 gram	30 gram	20 gram	12 gram	31 gram	52 gram
Protein intake in lunches and dinners*	16 gram	23 gram	30 gram	30 gram	40 gram	30 gram	40 gram	39 gram
Fat intake in lunches and dinners*	7 gram	10 gram	13 gram	6 gram	12 gram	19 gram	15 gram	17 gram
Servings Weights of lunches, dinners*	250 g	350 g	450 g	350 g	430 g	400 g	480 g	580 g
Protein Serving Sizes - in between	100 g - 130 g	130 g - 160 g	160 g - 200 g	130 g - 150 g	170 g - 220 g	160 g - 200 g	190 g - 230 g	210 g - 260 g
Gluten Free	No	No	No	Yes	Yes	Yes	No	No
Diary Free	No	No	No	No	Yes	No	No	No
Grains Free	No	No	No	No	Yes	Yes	No	No
Legumes Free	No	No	No	No	Yes	Yes	No	No
Can be prepared for Vegetarian	Yes	Yes	Yes	Yes	No	No	No	No
Maximum meals you can order (breakfast, snack, lunch, snack, dinner, snack)	6 meals / day	6 meals / day	6 meals / day	5 meals / day	4 meals / day	4 meals / day	6 meals / day	6 meals / day
Recommended for people with Diabetes	Moderately	Moderately	Moderately	Yes	Yes	Depends on	Moderately	No
Recommended for Fitness Fanatics	No	Moderately	Moderately	Moderately	Yes	Moderately	Yes	Yes
Achievable Weight Loss / Body Fat Loss	Moderate	Moderate	Moderate	Fast	Impressive	Impressive	Cut muscle down	No
Recommended for Body Builders	No	No	No	No	Yes	Moderately	Yes	Yes
Recommended for Convenient Food	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Weight Loss Supplements can be ordered with	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Fitness Supplements can be ordered with	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Only Lunch and or Dinner can be ordered?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
How often does the menu change	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly
Is there more option to chose for lunch and dinner besides the default offer?	Yes	Yes	Yes	No	No	No	No	No
Am I going to eat a lots of veggies?	Moderately	Moderately	Moderately	Yes	Yes	Yes	Moderately	Moderately
Fresh food, not frozen	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Daily, freshly delivered	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Serving days	Mon - Fri	Mon - Fri	Mon - Fri	Mon - Fri	Mon - Fri	Mon - Fri	Mon - Fri	Mon - Fri
Can I order extra meals if I have guests around?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
*these values indicates average numbers								

