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EATING

Bringing it home



Delivery meals offer nutrition and convenience

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Maybe it's our limited freezer space, or our especially busy schedules. Whatever the reason, New Yorkers aren't in the habit of preparing and then freezing dinners ahead of time.

You do have options, however, that are more convenient, and often much healthier than the prepared meals at Whole Foods or Trader Joe's — delivery meals that come straight to your door.

And because many of the companies list ingredients on their packages or Web sites, these dishes can serve as roadmaps for creating balanced meals at home.

Zone Manhattan zonemanhattan.com

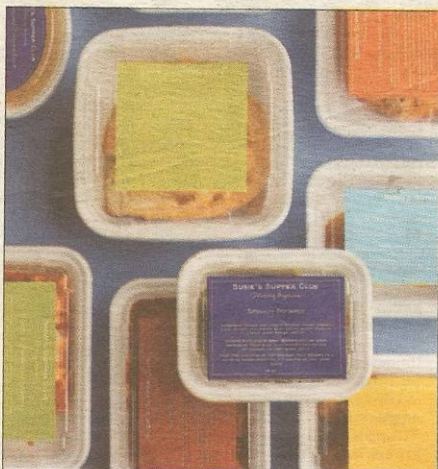
This weight-loss delivery-meal program offers seven-, 14-, 21- and 31-day programs, which include three meals and two snacks delivered each day.

Before you begin, a dietitian helps figure out your desired caloric intake, modeled on a ratio of 40 percent carbohydrate, 30 percent protein and 30 percent good fat. While the food is tasty (who would have thought a re-cooked omelet could taste so good?), portions are small. The cost ranges from \$32.95 to \$45.95 per day.

Popular dishes: Sweet Maine lobster and whole-wheat pasta Provençal, grilled lamb T-bone with grilled vegetables.

Susie's Supper Club susiessupperclub.com

Though it's not a diet delivery service, Brooklyn-based Susie's is committed to whole, preservative-free ingredients and reasonable portion sizes. All containers are clearly marked with ingredients, as well as cooking instructions. The company



Susie's Supper Club lists all of its ingredients on packages.

offers two delivery windows on weekdays.

The restaurant-quality food changes seasonally and is available a la carte. Most entrees cost about \$10, sides are \$6-\$8, and desserts about \$5.

Popular dishes: Turkey meatballs, chicken Milanese, zucchini fritters.

Nu-Kitchen nu-kitchen.com

While working for American Express, Mark Newhouse had no time to think about eating or cooking well. Figuring others had the same problem, he launched Nu-Kitchen, a New York-based delivery service dedicated to balanced, healthy eating.

The full-day option includes three meals and two snacks (for women, \$42 each day) and three meals and three snacks (for men, \$45.50 per day). You can also choose a la carte options: Breakfasts cost \$7.95; lunches and dinners, \$11.50; and snacks, \$3.50. You can pick from about five delicious (and well-sized) choices per meal or snack.

Popular dishes: Pepper-crusted salmon with soy drizzle, honey-poached figs and cherries.

Freshology freshology.com

This L.A.-based company was founded by Todd DeMann, a former NYC restaurant owner who felt delivery



Nu-Kitchen's meals

services lacked quality food. East Coast customers can take part in the company's Get Slim program, which offers a Mediterranean-style diet, balancing proteins, fats and carbs.

Boxes are delivered twice a week via FedEx (food stays fresh thanks to a gas-flush packaging system). The prices max out at \$39.95 a day, plus shipping. That includes breakfast, lunch, dinner and dessert.

Popular dishes: Tea-soaked wild salmon, New Zealand lamb chops.

FreshDirect freshdirect.com

FreshDirect is a site that caters to New Yorkers who don't have time to shop, so it's a logical brand extension to offer microwavable delivery meals. Varieties of 4-Minute Meals include lines from Rosa Mexicano, Tabla and Terrance Brennan. There are also Presto Italiano, EatingWell and Smart & Simple lines.

Nutritional info for all meals is online, and the average cost is about \$7.50 per meal. Some proteins, such as shrimp and chicken, come raw, so make sure they're cooked evenly.

Popular dishes: Chicken tikka masala with pea pilaf, all Presto Italiano meals.

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