



PREPARED MEALS

By Diane “V” Capaldi

Amid life on the road and while on vacation, prepared Paleo meals have saved me many times. I’d like to share a handful of my favorite companies that take the time to prepare healthy meals for you. Each of the following companies offers something different—yet they’re very similar in their core values.

Balanced Bites

Founded by *New York Times* best-selling author Diane Sanfilippo, Balanced Bites offers food made by real people, vacuum-sealed and frozen for the absolute best freshness and flavor, and shipped nationwide every week. Balanced Bites makes food the way people would in their own kitchens, but without you having to do the shopping, chopping, prepping, cooking, or cleaning. It’s like letting Diane Sanfilippo cook for you!

For a long time, Diane focused on teaching people how to do the work of cooking for and feeding themselves. Then she realized that the convenience factor is a top priority for many. Whether you’re a new mom, newly diagnosed with a challenging health condition, in the middle of a move, a busy entrepreneur, an athlete on the go, or anyone else, we all have the need for convenient-but-real, whole, healthy foods. Balanced Bites wants people to know that they can lean on them as a regular meal plan, a supplement to their everyday cooking, or a way to get more variety into their diets while keeping things simple and easy.

BalancedBites.com



Caveman Chefs

What started as a food truck and a mall kiosk has grown into a well-established catering company and national meal-delivery service. The team at Caveman Chefs are like family—they literally all grew up together. Together, they are offering Paleo meals nationwide with keto options, AIP items, and the first-ever prepared meals for low-FODMAP and SIBO-affected eaters.

Caveman Chefs’ core principles involve serving only organic, sustainably produced, ethically raised food. They believe that you get out what you put in. The founder grew up eating the food his family grew, so he understands how important it is to start with the cleanest ingredients.

Service, and saying “yes” to the customer, are what separate Caveman Chefs from the competition. Not only are they committed to serving deliciously prepared meals using the finest ingredients, but they are also changing the way we eat to maintain both our bodies and a healthy planet.

Pete’s Paleo

The founders of Pete’s Paleo are the original Paleo-meal-service pioneers. As a trained chef, Pete hated the word “diet” and always cooked using the entire animal and a farm-to-table approach.

Eventually, Pete and his wife Sarah found themselves making meals for a CrossFit challenge, and Pete’s Paleo was born. Pete’s food is true Paleo, with no exceptions. All food is prepared weekly in one of their bi-coastal kitchens using only local and seasonal foods, leading to freshly made meals delivered right to your door. Nothing is ever frozen.

Pete’s Paleo helps to remove excuses by offering foods that are convenient, help you live better, and are priced cheaper than a meal at Chipotle. In addition, Pete’s prides itself on employing many people who are in substance-abuse recovery, helping to give them a second chance at life by offering a living wage and regular work hours, and by sharing a different narrative around food.

PetesPaleo.com





CavemanChefs.com

True Fare

True Fare offers an entire line of Whole30-approved meals that are available nationwide. All meals are fully cooked and then frozen, requiring you only to heat them up. You can mix and match proteins with sides, so True Fare offers almost endless meal options.

True Fare's core value is creating meals that change lives by balancing nutrition without sacrificing taste, and ultimately helping to change the way people eat. True Fare fosters a close relationship with their farmers and suppliers to ensure that each and every dish begins with the finest of organic and/or free-range ingredients. All True Fare meals maintain 100 percent Whole30 compliance, and both keto and AIP options are available.

TrueFare.com



Paleo on the Go

David Rohde founded Paleo on the Go after dealing with his own health struggles, discovering the Paleo lifestyle, and finding great success. This led him to begin preparing his own meals and to wonder whether others might find a Paleo-friendly, prepared-meal service helpful. Fast-forward to 2019, and POTG is seven years old and a fantastic resource for people looking to heal and thrive.

POTG uses only the best sourcing possible, cutting no corners, to offer the best-tasting meals to its valued customers. The customer is always number one with POTG. All POTG meals are composed of real food—what David calls farm-to-chef-to-doorstep. POTG offers Paleo, Whole30, AIP, and Keto options.

PaleOnTheGo.com

Wild Zora

Wild Zora is a woman-owned, family-run company inspired by a love of the outdoors and the desire to make healthy, portable foods that won't spike your blood sugar. Starting out as a meat-and-veggie-bar company, Wild Zora has expanded with a line of dehydrated, prepared Paleo meals, the first of their kind.

In 2018, Wild Zora acquired Paleo Meals to Go, and the partnership led to an amazing line of meals using grass-fed meats and organic produce. They offer breakfast and lunch with AIP options, as well.

WildZora.com

DIANE "V" CAPALDI IS A TEDX SPEAKER AND FOUNDER OF THE AWARD-WINNING TAKING IT TO THE STREETS TOUR.