

NDMeal Competitors & Price Point

Positive Negative legend based on Cost per calorie/protein/nutrients/organic/real food/preservatives/ shelf life & eat on the go.

Company name

Ndmeal

Huel®

katefarms

Ensure®

KACHAVA

FRESH'N'LEAN

FACTOR75

DAILY HARVEST

PETE'S REAL FOOD

Nutrisystem

jenny GRAPE

CRUDDY

Panera BREAD

sweetgreen

MOUNTAIN HOUSE

PEAK REPEL

RED BARN

WEATHER'S CHOICE

PICK A BAGEL

Jersey Mike's

Product type

Freeze Dried Meal
Functional Nutrition
Instant Meal

[Freeze dried meal](#)

[Shake powder](#)

[Shake powder](#)

[Shake powder](#)

[Chicken & broccoli](#)

[Sun-dried tomato chicken](#)

[Black chickpea bowl](#)

[Chicken, cauliflower, squash](#)

[Chicken & grain bowl](#)

[Orange Chicken](#)

[Chicken Burrito](#)

[Teriyaki Chicken Bowl](#)

[Harvest Bowl](#)

[Beef stroganoff with noodles](#)

[Sweet Pork & Rice](#)

[Irish Shepherd's Pie](#)

[Sockeye Salmon Chowder](#)

[Bagel, nova scotia salmon](#)

[Provolone, ham and cappaciuolo](#)

Market

Functional Nutrition
Instant Meal

Instant Meal

Functional Nutrition

Functional Nutrition

Functional Nutrition

Healthy Meal Delivery Services

Nutritional Meal delivery service

Healthy Meal Delivery Services

Paleo Meal Delivery Services

Weight loss meal delivery

Weight loss meal delivery

Fast Food

Fast Food

Fast Food

Camping Freeze Dried Meals

Camping Freeze Dried Meals

Camping Freeze Dried Meals

Camping Freeze Dried Meals

Delis

Delis

Average price

~ \$15.00

\$3.76

\$3.80

\$2.16

\$4.16

\$11.16

\$13.49

\$9.79

\$18

\$12.86

\$8.57

\$14.15

\$13.98

\$14.95

\$10.99

\$13.95

\$13.50

\$15.95

\$18.95

\$9.69

Grams of fresh food

~800g

103g

0

0

~100g

374g

335g

294g

326g

227g

~200g

566g

na

384g

246g

364g

224g

210g

na

na

Calories per serving

600-900

400

330

350

240

450

590

360

380

210

250

1260

610

684

560

750

600

470

~500

780

Proteins per serving

~100g

25g

16g

30g

25g

27g

33g

12g

33g

17g

15g

63g

46g

37g

24g

40g

22g

39g

~23g

37.5g

Daily nutrition requirement

100%

25%

30%

30%

30%

na

na

na

na

10%

10%

na

na

26%

25%

20%

30%

30%

na

na

Calcium per serving (1000+/day)

~1000mg

260mg

330mg

800mg

30mg

90g

na

125mg

na

60mg

50mg

36mg

~136mg

~112mg

158 mg

52mg

150mg

130mg

~269mg

na

Lab tested ingredients

Yes

No

Yes

Yes

Yes

na

na

No

No

No

No

No

No

No

No

Yes

na

No

na

No

100% organic ingredients

Yes

No

No

No

50%

50%

No

Yes

No

No

No

No

No

No

No

No

No

No

No

No

100% real food

Yes

No

No

No

70%

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Yes

Nutrient-dense ingredients

Yes

~Yes

No

No

Yes

No

No

No

No

No

No

No

No

No

No

No

No

No

No

No

Preservatives

No

Yes

Yes

Yes

Yes

No

Yes

No

No

No

No

Yes

No

Yes

No

Yes

No

No

No

Yes

Seed oils

No

Yes

Yes

Yes

No

No

Yes

No

No

na

Yes

Yes

Yes

Yes

Yes

Yes

Yes

No

Yes

Yes

100% sourcing transparency

Yes

No

No

No

No

No

No

No

No

No

No

No

No

Yes

No

No

No

No

No

No

Zero food waste

Zero

Yes

Yes

Yes

Yes

No

No

No

No