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Blue apron vs hello fresh vs sun basket

Jump to Content Home>Sun Basket Vs. Blue Apron While Sun Basket offers tasty, if expensive, meal options or people with dietary preferences, Blue Apron offers one of the cheapest meal kit delivery services on the market – but what is the right meal kit for you? I have reviewed over 10 meal package delivery services. Here's what I thought of Blue Apron vs. Sun Basketball. Quick Overview Sun BasketBlue Apron Meals starting from \$10.99 per servingShipping costs \$6.99 per weekFree shipment on 3 prescriptions per week and up; \$7.99 per week on 2 prescriptions per weekDietary preference plans? Paleo, vegan, keto – a wide range of dietary preferencesNonMeat range18+ options per menu17+ options per menu Blue Apron and Sun Basket are practically at other ends of the spectrum in terms of pricing and shipping costs. But then again, what they offer is also quite different: Sun Basket caters to people with dietary preferences, such as vegan, paleo and even diabetic-friendly. Blue Apron, to put it simply, not really. While Blue Apron is one of the cheapest meal delivery kit services I have reviewed, Sun Basket is one of the most expensive. Sun Basket also has a \$6.99 weekly delivery fee, while Blue Apron gives you free shipping if you order 3 prescriptions and over a week, otherwise delivery is only \$7.99. But of course, all this means nothing without a little comparison: For 2 people who eat 3 meals a week with Blue Apron, you will pay \$ 60; the same 2-person, 3-meal option at Sun Basket (at \$11.99 a meal) will cost you \$72, including the shipping fee. These costs are even more dramatically different on 4-person plans: on Blue Apron: 4 people who eat 3 meals a week on Blue Apron's Family Plan will pay \$96, including shipping. At Sun Basket, this will cost \$132. This means that Blue Apron works so much, much cheaper than Sun Basket, over both 2-person and 4-person plans. But remember, it's not just about pricing: Blue Apron may be cheaper, but if you have a fussy eater or someone with a diet preference that you order for, Sun Basket is likely the better option. Winner: Blue Apron Delivery and Packaging While Sun Basket gave me Monday-Thursday options for my delivery, Blue Apron gave me Tuesday-Saturday delivery options. Maybe this was just because of my location (California), but both state locations they deliver all 7 days a week. It's not what I've experienced, but never mind. Both have delivery windows 8am – 8am (Blue Apron) and 9pm (Sun Basket), but it didn't really make any difference to me: what I liked is, when I ordered a Saturday delivery from Blue Apron, it allowed me to cook my recipes over the weekend. On another note, when it comes to packaging, both meal kit delivery services disappointed me. As a plastic-free wannabe (and I doing my best), both Blue Apron and Sun Basket used way too much plastic for my taste. In Blue Apron's box, my loose ingredients were in plastic bags, and other ingredients were made of plastic (which at least I could reuse). The same was true sun basketball: I was at first glad I could see ingredients placed in paper bags (which I can recycle)... but then, when I looked inside these paper bags, I found Sun Basket had placed the ingredients inside the plastic bags, and then put these in paper bags. What was the point of that? That makes it difficult for me to explain a winner, in this case: both companies disappointed me enormously in terms of the amount of plastic in their delivery boxes. I guess blue apron almost wins over Sun Basket here, thanks to the Saturday delivery slot. Winner: Blue ApronMeal Variety Meal supplies in Blue Apron vs Sun Basket are where it gets interesting. Sun Basket is probably the meal kit delivery service to go to if you need something a little more specific from your diet: Here are the meal plans that they offer: Each plan has 18 meals a week to choose from. Blue Apron makes things much, much easier: You have two choices – the two-person plan, and the 4-person family plan. Within each plan you can exclude several menu items – seafood, pork and meat, for example – but otherwise it's you see pretty much what you get. While Sun Basket helped me with some helpful Tips and Techniques videos (also showing me how to cut vegetables properly), which helped as part of their recipe, the instruction was a bit (such as one telling me to cook my meat to its desired doneness. Final result? I burned the meat). But the Blue Apron wasn't much better. While the instructions were easy to follow, but still, I would have appreciated some clearer direction than drizzle olive oil (because I didn't know much to drizzle). Otherwise, Blue Apron has about 11 meal options available one week, per plan, which is just enough choice. I think, when it comes to the category winner, it really depends on whether you have any dietary preferences, and whether you like a lot of choices. If you like to keep it simple, Blue Apron is the best for you. If you like a lot of variety and have some preferences, it's Sun Basket. Winner: Sunbasket and Blue ApronDietary Preferences Hands Down, Sun Basket wins here. Just check out any section above, where I go into the range of diet plans available. Blue Apron doesn't have anything like that, but it allows you to exclude certain things from their menus – seafood, pork and more. While any vegan or even paleo eater can easily filter out certain things and get along well, someone with a more specific dietary need can struggle here. Winner: SunbasketHow easy is it to order? Although no meal kit delivery service that I have sampled took a long time to sign up for, I feel I have to mention blue apron super fast sign up process, with about three or four clicks. Otherwise, both Blue Apron and Sun Basket are very easy to order from. With both, you sign up, set your food preferences and choose your meals from what. Then select a delivery time, delivery time, voila – everything comes to your door in a large cardboard box. Although, I would also like to mention Sun Basket is very useful filtering. These meant I could easily check out recipes for my food preferences. I think I'll say Sun Basketball is the winner, just for its innovative filtering. Blue Apron was easy enough to order from, but (as with most meal delivery kits), there aren't really a bunch of filters to help you limit your recipe choices. Winner: Sunbasket Verdict Sun Basket and Blue Apron cater to very, very different types of people: simple, preference-less people would be well suited for Blue Apron, while those with very specific dietary preferences – vegan, paleo etc – would appreciate Sun Basket plans more. Of course, there is a bit of a cost difference (scrolling to the pricing section, at the top of this review) but for some people, it may be justified. While Blue Apron has some nice, simple meals, it may not be adventurous enough for some people... although it is more attractively priced. Winner: Sunbasket for those with specific dietary needsBlue Apron for those looking for a most cost effective meal delivery service solution Let's talk subscription meal kit delivery. Do any of my readers do this? Blue Apron, HelloFresh, Sun Basket, Plated, etc etc. They seem to be popular these days. But I'm not really one to follow trends or be popular. Just ask everyone who went to middle school or high school with me. Popularity is NOT my thing. What's my thing? Well, if we're talking about meal planning, meal prep, and cooking then the answer would be simplicity. I absolutely hate meal planning. I don't know why. It's just my husband and me. How hard can it be? Not very much. None of us are even picky eaters. We'll try almost anything. I just don't like doing it. I plan, organize and schedule 40 hours a week for my job and I don't want to do it at home. I can leave it to her husband, but he's not one either. So, here we are. Two people who don't want to plan a meal. #FirstWorldProblems? My husband's already shopping. Isn't he great? I do mostly meal prep and cooking every weeknight because of our work schedules. I come home an hour and a half before he does so it makes sense for me to start dinner. We partner in cleaning up. But sitting down and figuring out what to eat for the week is tortuous. I know, I know, it's my head. Go on, do it. But UGH! Why can't I be wealthy and let someone do it for me? And the cooking even when they're at it, I mean, seriously, if I won the lottery I wouldn't have lots of nice things and a zillion house and clothes. I'd have a cook or eat out all the time. I'd have a maid. I would travel the world and never work. That's all. No fancy, Oh, and room service... Just like Josephine in one of my top 10 Tombstone (look at this from the 2:50 mark). So, when I kept reading about all these meal delivery subscription services I thought I'd try it. We We We makes Whole30 right now for the month of January but for the past year we have been doing meal kit delivery. We like delivery days on Tuesday. That means we eat a meal kit Tuesday, Wednesday and Thursday for dinner. Simple meals after work we do not need to think about. Friday night is usually our one night out to eat at a restaurant. I don't mind planning/cooking more elaborate meals on weekends as I have more time and desire. Monday is usually leftovers from Sunday meal. Blue Apron was the first attempt. 3 meals a week for 2 people is \$60. Tuesday delivery. They do not have any special meal agenda than some that they currently call the Mediterranean diet. (UPDATE: In 2018, they have partnered with Whole30 and Weight Watchers and now have more vegetarian meals (we make 1-2 of our meals from Blue Apron vegetarian usually 0 not vegetarians but are just trying to cut our meat intake a few)). It would be easy to make their meals sugar free, dairy-free, or gluten-free but then you pay for the delivery of things you don't eat. I'm not sure where the boxes are put together but for me they are delivered overnight via UPS. If you want a referral code to get \$ of your first box send me your email address and I will send you a code. I like this Vision page for Blue Apron. They work closely with suppliers and farmers to set the highest quality standards for each ingredient. They partner with Monterey Bay Aquarium's Seafood Watch and single source seafood that is rated Best Choice, Great Option, or recommended by Seafood Watch. Many of the ingredients are USDA certified organic. They work with farmers and ranchers who raise animals without added hormones or subtherapeutic antibiotics. They support farmers using regenerative farming methods that help build healthy soil for future generations and grow their crops with minimal fertilizer and pesticides. A pioneer of humanely raised meat, Niman Ranch, has teamed up to deliver all its meat. We tried 1 week of Sun Basketball in the middle of our various trials of Blue Apron and Hello Fresh. Sun Basket definitely has most options available for different diets by including Paleo, Lean & Clean, Gluten Free, Vegan, Vegetarian, Pescatarian and Mediterranean Diets. There are 18 meals to choose from each week. You can mix and match. They also have more organic and sustainable choices. It comes at a cost because they were also the most expensive as 3 meals a week for 2 people was \$72 and that didn't include \$7 shipping. That's \$79 a week compared to Blue Apron/Hello Fresh \$60). They also have only 1 delivery day for your urban area and it was Friday. It didn't work for us. I didn't want to keep the food until Tuesday to cook. Yes, I know I could change the day we use them but this is supposed to be easy right? We wouldn't spend that much money every week when two is almost \$20 cheaper per week. Finally we tried HelloFresh (use that link and you get \$40 40 your first week). The same price as Blue Apron in that 3 meals a week for 2 people is \$60. Tuesday delivery. I'm pretty sure these boxes are put together locally in Atlanta. We tried them for a couple of weeks, went back to Blue Apron, and then came back to HelloFresh. Four times I had delivery problems with them. The boxes will be delivered overnight on Tuesday via UPS before 20.m. Twice it was delivered on Wednesday, once on Thursday, and once on Friday. Three of these times were in a month! They credited my account every time but it did cause a nuisance. I've never had a problem with Blue Apron supplies. The UPS driver advised me Blue Apron actually sends their boxes overnight while HelloFresh sends them 2 Day and because they shipped locally they deliver overnight as a courtesy. This means they don't have to deliver overnight. Poultry is antibiotics and hormone free. Pork is hormone-free. All meat is domestic. HelloFresh is working on the Monterey Bay Seafood Watch program as well as ensuring that all of their seafood is rated either Green/Best Choice or Yellow/Good Options. Some of the fish species HelloFresh buys have additional sustainability certifications such as msc (marine stewardship council) for wild caught and BAP (Best Aquaculture Practices) for farm-up. Every week there are some menus that are gluten-free, dairy-free or nut-free. They offer a vegetarian box with some of these menus also being Vegan. They don't have actual Paleo, Whole30, etc menus. Many recipes can be made to suit a special diet by choosing to leave out certain ingredients (like cheese or yogurt). Some, but not all, of their ingredients are organic. FINAL THOUGHTS Both HelloFresh and Blue Apron use the same size delivery box with 2 frozen ice packs (water soluble inside with a recyclable outside). The outer box and honeycomb liner are curbside recyclable. The meat is usually in between the ice packs. For HelloFresh all vegetables and assorted items for each recipe are in three individual brown paper bags. I love it. I can only put the bags in the fridge and pull out when needed. Blue Apron just literally throws everything in the box loose. It has made for some bruised/damaged vegetables and such when we opened. Still edible though. Is HelloFresh cheaper than a grocery store? According to them, yes! After completing a 10-week price comparison study analyzing their customers' costs compared to the costs of those shopping at nationwide grocery stores, they discovered that HelloFresh is 75% cheaper than grocery shopping because they go directly to suppliers and don't notice up the price of ingredients. They deliver everything so you save on transportation. They keep it seasonal to get the most bang for your buck. They pre-portion ingredients and kiss food waste goodbye. This applies to Blue Apron as well..... I'm not sure I think for 2 people on 3 I don't think it would cost me \$60 to buy the contents of 3 meals. Meals. I would need to buy more than just the amounts for these specific meals to use in other meals. That's great but sometimes for us, it just went to waste and we threw food away because remember I said way up above we weren't good at meal planning. We find that for us these meal kits really are 3 meals for us. Sometimes there are leftovers for lunch the next day or a 2nd help but they really are great for serving out proper serving sizes and limiting caloric intake. Blue Apron says its meals usually range from 500 to 700 calories per serving and I imagine HelloFresh is about the same as their recipes are similar. I've often thought about getting the family portion size so we can get 2 meals out of it every meal; dinner that night and leftovers for lunch. Maybe I'll try it and report back. One of my readers suggested this would be good for single people as well. With two servings for each meal that's dinner and lunch the next day essentially means six meals for the money. Both Blue Apron and HelloFresh are easy for us to prepare. We're not beginners in the kitchen. Usually they take less than 30 minutes to prepare and cook. That was the original reason I switched to HelloFresh. The blue apron meals were just too much for weeknight cooking. However, I am very good at looking at a recipe and thinking about how to simplify. If I have to make a sauce, fry a meat, and fry a veggie then I'll cut out the saute part and just put it all in a baking sheet and fry it with sauce. Less mess. Less time. Both services introduce us to recipes and food we probably would never try otherwise and usually, we love it. We're inclined to get into a rut. Most meals on a scale of 1-5 are a 4 or 5. Every now and then one will be a 3. I'll also sometimes add more to the recipe to taste; a little more garlic or a little more oomph. Who should I go back to after Whole30 is over? It really feels like they're mostly the same. I like HelloFresh packs better but hate that I can't depend on delivery. I like that Blue Apron collaborates with Whole30 and Weight Watchers. As an Amazon Prime member, I'm interested in the fact that it seems Amazon is getting into this market soon as well. Now I just need someone to send me a box containing a magic wand and a spell to clean up the kitchen. So, I don't know..... maybe I just go buy a lottery ticket. 12 12

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