



“More families are realizing that fast food cannot be a fallback plan for dinner anymore,” says Player. “There are now healthier options that provide families the same quick solution, only now the family’s health doesn’t have to suffer,” she explains.

Christine Bybee, CN, a celebrity nutritionist and fitness expert in Los Angeles, agrees: “Meal prep is a fantastic way to ensure that you and your family are eating homecooked meals rather than fast food.” It offers a sensible alternative, she says, noting that as customers prepare their meals, “they are free to omit oils and high fat ingredients as they wish.”

HEALTHY MENUS

One important goal of meal prep outlets is to offer healthy menus that both parents and children enjoy. Menus are ever-changing, with approximately 14 items each month. Most prep stores supply nutritional information, which makes it convenient to select leaner, healthier options and take note of calorie and fat intake.

More than two thirds of Dream Dinners’ monthly recipes fall within the “Light and Lean” category, which means they average 290 calories with 10 grams of fat and 675 milligrams of sodium or less.

“The Light and Lean menu options are great,” says Bybee. “You will not find that at your neighborhood pizza parlor, burger, taco, or even buffet-style family restaurant,” observes Bybee. “Any meal at a restaurant will have at least 15 to 20 grams of fat.”

Dinner MyWay offers a menu that is 100% natural and committed to providing seasonal, local, preservative-free, and trans fat-free meals to all its customers. “Our chef has grown to appreciate natural ingredients,” explains Player, “choosing high quality ingredients to produce entrées that have the most flavor and interest without using preservatives and other unhealthy additives.”

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