| Comparable Conditions | Lean Balanced Choice | Balanced Choice | Hungry Balanced Choice | Mediterranean Diet - Weight Loss | | Banting Diet | Fitness Meals | Body Extreme Meals |
|---|----------------------------|--------------------|------------------------------|--|---------------|---------------|-----------------|--------------------------|
| Kcal intake in lunches and dinners (main meals)* | 200 kcal | 300 kcal | 400 kcal | 294 kcal | 350 kcal | 339 kcal | 420 kcal | 520 kcal |
| Carbohydrates intake in lunches and dinners* | 20 gram | 30 gram | 40 gram | 30 gram | 20 gram | 12 gram | 31 gram | 52 gram |
| Protein intake in lunches and dinners* | 16 gram | 23 gram | 30 gram | 30 gram | 40 gram | 30 gram | 40 gram | 39 gram |
| Fat intake in lunches and dinners* | 7 gram | 10 gram | 13 gram | 6 gram | 12 gram | 19 gram | 15 gram | 17 gram |
| Servings Weights of lunches, dinners* | 250 g | 350 g | 450 g | 350 g | 430 g | 400 g | 480 g | 580 g |
| Protein Serving Sizes - in between | 100 g - 130 g | 130 g - 160 g | 160 g - 200 g | 130 g - 150 g | 170 g - 220 g | 160 g - 200 g | 190 g - 230 g | 210 g - 260 g |
| Gluten Free | No | No | No | Yes | Yes | Yes | No | No |
| Diary Free | No | No | No | No | Yes | No | No | No |
| Grains Free | No | No | No | No | Yes | Yes | No | No |
| Legumes Free | No | No | No | No | Yes | Yes | No | No |
| Can be prepared for Vegetarian | Yes | Yes | Yes | Yes | No | No | No | No |
| Maximum meals you can order (breakfast, snack, lunch, snack, dinner, snack) | 6 meals / day | 6 meals / day | 6 meals / day | 5 meals / day | 4 meals / day | 4 meals / day | 6 meals / day | 6 meals / day |
| Recommended for people with Diabetes | Moderately | Moderately | Moderately | Yes | Yes | Depends on | Moderately | No |
| Recommended for Fitness Fanatics | No | Moderately | Moderately | Moderately | Yes | Moderately | Yes | Yes |
| Achievable Weight Loss / Body Fat Loss | Moderate | Moderate | Moderate | Fast | Impressive | Impressive | Cut muscle down | No |
| Recommended for Body Builders | No | No | No | No | Yes | Moderately | Yes | Yes |
| Recommended for Convenient Food | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Weight Loss Supplements can be ordered with | Yes | Yes | Yes | Yes | Yes | Yes | No | No |
| Fitness Supplements can be ordered with | Yes | Yes | Yes | No | Yes | Yes | Yes | Yes |
| Only Lunch and or Dinner can be ordered? | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| How often does the menu change | Weekly | Weekly | Weekly | Weekly | Weekly | Weekly | Weekly | Weekly |
| Is there more option to chose for lunch and dinner besides the default offer? | Yes | Yes | Yes | No | No | No | No | No |
| Am I going to eat a lots of veggies? | Moderately | Moderately | Moderately | Yes | Yes | Yes | Moderately | Moderately |
| Fresh food, not frozen | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Daily, freshly delivered | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Serving days | Mon - Fri | Mon - Fri | Mon - Fri | Mon - Fri | Mon - Fri | Mon - Fri | Mon - Fri | Mon - Fri |
| Can I order extra meals if I have guests around? | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| *these values indicates average numbers | | | | | | | | |